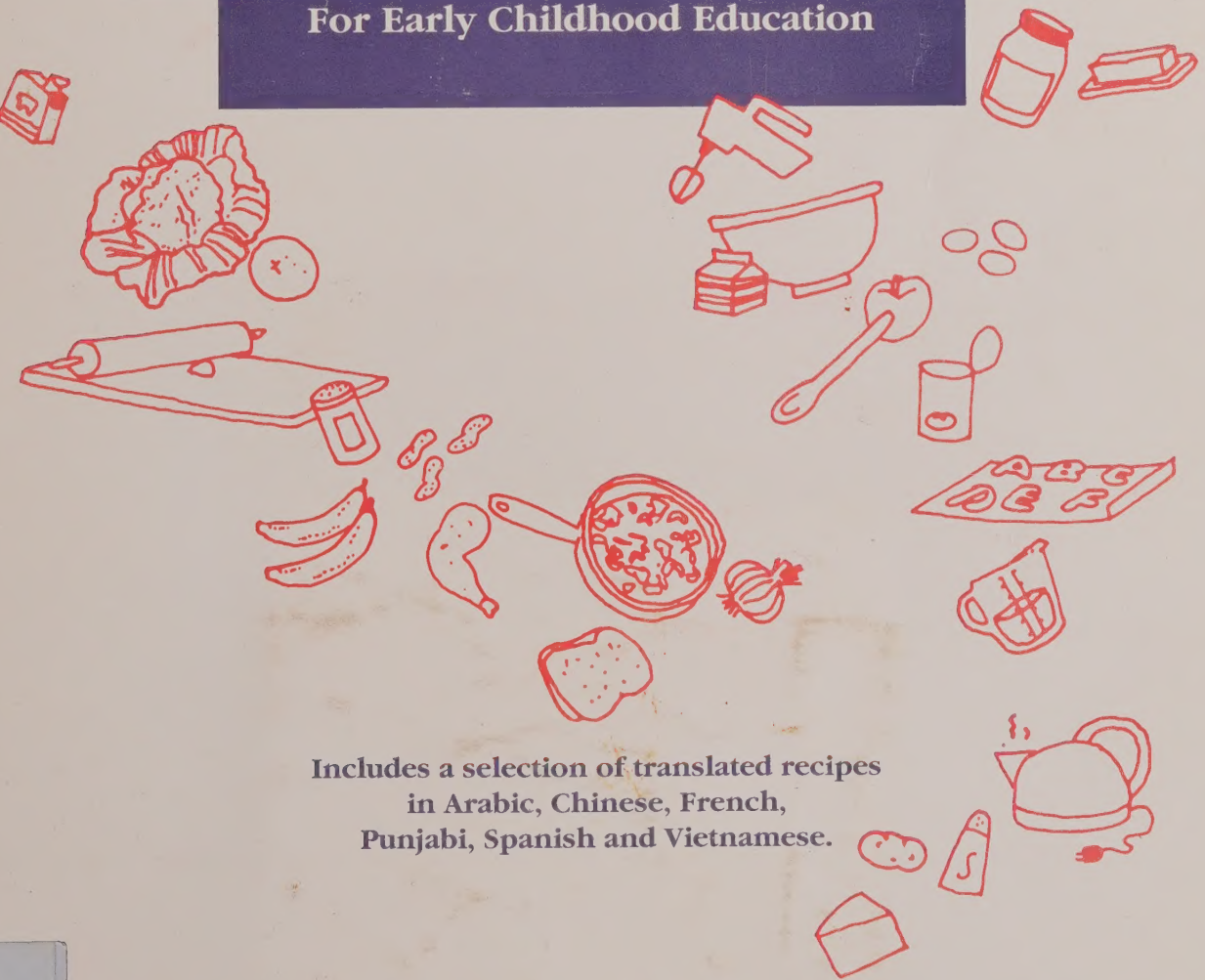


Learning through Nutrition

A RESOURCE COOKBOOK

For Early Childhood Education



Includes a selection of translated recipes
in Arabic, Chinese, French,
Punjabi, Spanish and Vietnamese.

PL
641.5123
Lea

90-294

PL LEARNING THROUGH
641.5123 NUTRITION : A RESOURCE
Lea COOKBOOK FOR EARLY
CHILDHOOD EDUCATION

The School Librarian,
Rossarrock Elementary School,
1406 - 40th Street S.W.,
CALGARY , Alberta

ACKNOWLEDGEMENTS

The E.C.E. Team would like to thank

Joy Booher, E.C.S. Teacher, R.B. Bennett Elementary

Elaine Downard, E.C.S. Teacher, Banting and Best Elementary

Lorraine Kupsch, Food Science Teacher, Dr. E.P. Scarlett

for their commitment, time and enthusiasm in writing this nutrition resource book.

Thanks to the Cross-Cultural Support Workers for contributing recipes and translations from other cultures.

As well we would like to thank the following members of the Media Production Department, Program Services Centre.

Cathy Cowan

Penny Dowswell

Kathy McCallum

Also, thanks to Penny Barker for illustrating this resource cookbook.

A special thanks to E.C.E. team members who contributed to this resource.

Dorothy Colbens

Hilary Hutton

Els van Blommestein

Kathy Wihnan

Judy Hehr
Editor

June, 1990

Produced for:
Early Childhood Education Team
Educational Leadership Centre
Program Services
Calgary Board of Education
June, 1990

Produced by:
Media Production Team
Educational Leadership Centre
Program Services

© Calgary Board of Education 1990

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of the Calgary Board of Education. Pages of this book may be reproduced for teaching purposes, by staff of the Calgary Board of Education, unless otherwise specified.

Every effort has been made to identify and acknowledge the authors and sources of the recipes contained in this publication. We welcome any information the reader may have regarding the source of a recipe.



This resource is dedicated to Dorothy Colbens,
Supervisor of the E.C.E. team (1983-1990) for her support and contribution
to the learning of young children.

ISBN 1-55063-001-6

TABLE OF CONTENTS

Rationale	1
Learning Experiences In a Nutrition Program	2
Implementation of a Nutrition Program	3
The Cooking Experience	4
Evaluation	5
Ways to Say "Enjoy"	6
Conversion Chart	7
No-Cook, No-Bake Recipes	9
Breads and Cereals	11
Fruits and Vegetables	21
Meat, Fish, Poultry and Alternates	45
Milk and Milk Products	55
Baking and Cooking Recipes	73
Breads and Cereals	75
Fruits and Vegetables	141
Meat, Fish, Poultry and Alternates	159
Milk and Milk Products	195
Bibliography	203
Recipe Books	203
Story Books	203



Digitized by the Internet Archive
in 2024

https://archive.org/details/isbn_1550630016

RATIONALE

This resource has been developed to enrich the nutrition component of the Early Childhood Services program, to strengthen program continuity and to assist in the transfer of newly learned skills from school to home. It is hoped the children will acquire knowledge about nutrition and develop independence in the selection and preparation of food by helping to prepare the recipes. The suggestions are intended to promote the involvement of adults (e.g. classroom assistant, high school student, parent) in the nutrition program. The snacks and recipes in this book have been specially chosen and graphically presented so that young children may prepare them. It is important that the children be allowed to actively participate. They need to be involved in the planning, selecting, preparing, presenting and clean-up activities. We encourage teachers to copy recipes for children to take home. Some translations are included to assist English Second Language parents.

LEARNING EXPERIENCES IN A NUTRITION PROGRAM

Aesthetic Development

Colours, shapes, and textures encourage creative expression in the food presentation. Activities may be extended in art, dance, drama and music.

An Awareness of Nutrition

Preparing food is an ideal way of teaching nutrition and in helping children understand the vital role of wholesome food in their daily diet.

Emotional and Social Development

Preparing food, serving and using appropriate table manners fosters independence, self-confidence and positive self-image. Sharing food encourages socialization and awareness of individual differences.

Knowledge of Food and Food Groups

Understanding of why, how and where food is grown, processed and grouped extends everyday experiences..

Language Development

The cooking experience promotes listening, following directions, reading recipes, recording observations, expressing ideas and promoting vocabulary development.

Mathematical Concept Development

Following recipes, measuring ingredients, dividing portions and setting the table involves mathematical concepts.

Science Concept Development

The ability to predict outcomes and solve problems can be developed through food preparation. Exploration fosters the inquiry process.

Social Science Development

Experiencing food from other countries allows children to learn about and appreciate different cultures.

Safety

The principles of safety and sanitation are taught by the proper use and storage of tools and ingredients during food preparation.

IMPLEMENTATION OF A NUTRITION PROGRAM

Consider the following while working with a high school student, a classroom assistant or volunteer:

COOPERATIVE PLANNING

At the first meeting between the volunteer adult and the E.C.S. teacher expectations regarding time and task commitments, possible activities and available resources should be discussed. Tasks may involve:

1. Consider the objectives when choosing a recipe.

- Is it an introduction to new skills (grating cheese, cracking eggs, cutting bread in halves) and concepts? (change, whole and part)
- Is it an exploratory activity? (salad buffet, pita pockets, new vegetables and fruits)
- Is it an application of previously introduced skills and concepts? (prior to cutting bread in half children have had experiences manipulating and cutting with play-dough)

2. Assess resources.

- Are the ingredients affordable?
- Is the equipment available and in good working condition?
- Would the children have the equipment and ingredients available to repeat the cooking experience at home?
- What substitutions of ingredients and equipment could be suggested?

3. Organize for cooking.

- What supplies are available in the classroom?
- What needs to be purchased?
- Who will do the shopping?
- What needs to be set up and prepared in advance?

4. Serve the food.

- How are you going to present the prepared food?
- What serving dishes will be needed?
- Where will it be served?
- Who will do the serving?
- Who do you invite?

5. Clean-up.

- Who is responsible for clean-up?
- What supplies are necessary?

THE COOKING EXPERIENCE

In the **first few months** of the school year, food preparation projects should involve a few simple steps, such as washing and cutting apples for applesauce. More complicated projects should be introduced gradually.

Choose a **variety** of recipes and techniques of food preparation which will encourage children's participation. Design a long range calendar to assist in planning your nutrition program.

Plan to **integrate** the cooking experience into other subject areas. Give the children opportunities to **play** with cooking equipment at centres, will build background and extend their skill development and knowledge.

The following ideas may be helpful to prepare for the cooking experience

- Involve the children in discussion of the names, properties and functions of ingredients, food groups and anticipated outcomes.
- Discuss pertinent sanitation and safety precautions.
- Review the recipe with the children.
- Post the recipe where it can be viewed by all participants.
- Demonstrate and supervise the proper use of utensils.
- Supply sufficient utensils and ingredients to ensure the active participation of all the children.

EVALUATION

E.C.S. student self evaluation

The student may keep a journal, conference with an adult, be involved in a group discussion, or record preferences.

E.C.S. teacher evaluation

The teacher will assess the planning, implementation and outcomes. The E.C.S. teacher will conference with the senior high teacher, the adult and the child to determine if the objectives were met.

High school student self-evaluation

The student will keep a journal which will evaluate the planning, implementation, and the follow-up of the activity. This data will be analyzed and conclusions formulated regarding insights into learning that has taken place. In response to the students' analysis a final written report will be received from participating teachers.

High school teacher evaluation

The senior high teacher will conference with the student and the E.C.S. teacher on a regular basis regarding progress and/or difficulties encountered.

WAYS TO SAY “ENJOY”

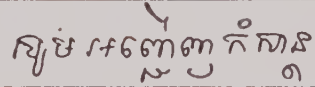
The following are examples of wishing each other an enjoyable eating experience. The word in brackets is the phonetic clue to assist in pronunciation.

ARABIC



[Tafaddalu]

CAMBODIAN



[Saum Arh Choeunh Kam San]

CHINESE



[Daei Ka Chenh]

DUTCH

Smakelyk Eten

[Smak-a-look Ate-un]

ENGLISH

Enjoy

[En-joy]

FRENCH

Bon Appetit

[Bon Ap-pay-tee]

GERMAN

Guten Appetit

[Gooten Ah-pe-teet]

GREEK

Caly-oragzi

[Kah-lee Oh-reg-see]

VIETNAMESE

Xin Mời TẤT CẢ

[Sin Mahie Tahk Cao]

SPANISH

Buen Provaicho

[Booaine Provaicho]

CONVERSION CHART

5 ml = 1 teaspoon

15 ml = 1 tablespoon

65 ml = 1/4 cup

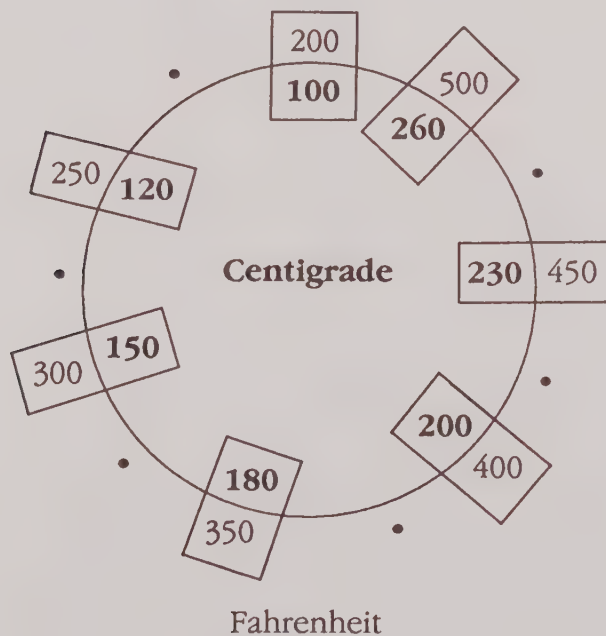
85 ml = 1/3 cup

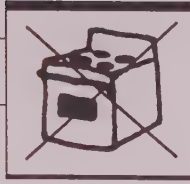
125 ml = 1/2 cup

250 ml = 1 cup

500 g = approximately 1 pound

Note: The metric measurements have been rounded to nearest 5 ml.





No-Cook, No-Bake Recipes



BREADS AND CEREALS

Open-Face Butter Sandwich	13
Open-Face Crunchie Sandwich	14
Open-Face Crunchie Sandwich (<i>Arabic Translation</i>)	15
Peanut Butter Sesame Balls	16
Sandwich Face	18
Sandwich Face (<i>Chinese Translation</i>)	19
Submarine Sandwiches	20

OPEN-FACE BUTTER SANDWICH

YIELDS: 1 SERVING



65 ml whipping cream



1 slice of whole wheat bread



a few grains of salt



1. Pour 65 ml whipping cream into a small jar.



2. Put the lid on the jar.



3. Shake the jar until the whipping cream forms a ball and buttermilk.



4. Pour off the buttermilk into a dish.



5. Rinse the butter with cold water.



6. Sprinkle a few grains of salt on the butter.



7. Spread the butter on a slice of bread.

Tips: Remove whipping cream from refrigerator 30 minutes prior to shaking.

In preparation for making breakfast for Mom on Mother's Day, bread could be toasted, then buttered.

OPEN-FACE CRUNCHIE SANDWICH

YIELDS: 1 SERVING



1 slice of whole wheat bread



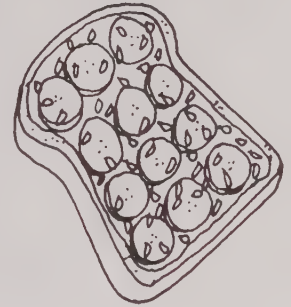
peanut butter



banana



sunflower seeds



1. Spread the peanut butter on a slice of bread.



2. Peel a banana.



3. Slice the banana into sections.



4. Put the banana sections on the slice of bread.



5. Sprinkle the sunflower seeds on top of the sandwich.

Tip: Using a slice of sandwich bread, spread with peanut butter and sprinkle on sunflower seeds. Place whole banana on bread and roll as in a jelly roll. Cut cross-sectionally to form bite size sandwiches.

الساندويتش المفتوح

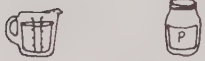
عدد الاشخاص: شخص واحد.

- المقادير :-
 - قطعة من الخبز .
 - زبدة الفستق .
 - قطعة من الموز .
 - ليمونة من حبات اللب الاربعة .
- طريقة عمل :-
 - ١- ضغ زبدة الفستق على قطعة الخبز .
 - ٢- قطع الموز الى قطع صغيرة .
 - ٣- قطع الخبز الى اجزاء .
 - ٤- ضغ قطع الموز على قطعة الخبز .
 - ٥- وزع اللب حول اجزاء الموز .

ملحوظة: اذا استخدمت قطعة من الخبز المعيرة للساندويتش ، ضغ زبدة الفستق والسكر اللب عليه ، وكله بحدسك وضع كل الموز على الخبز ثم يلف مثل الراثة ، وكله قطعاً الى اجزاء ليسهل الاكل .

PEANUT BUTTER SESAME BALLS

YIELDS: 30 TO 40 SERVINGS



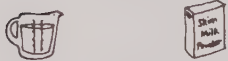
200 ml peanut butter



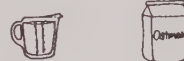
125 ml honey



5 ml vanilla extract



200 ml skim milk powder



250 ml oatmeal



500 ml boiling water



75 ml toasted sesame seeds



1. Put 200 ml peanut butter into a bowl.



2. Add 125 ml honey.



3. Add 5 ml vanilla extract.



4. Add 200 ml skim milk powder.



5. Add 250 ml oatmeal.



6. Add 500 ml boiling water.

PEANUT BUTTER SESAME BALLS (Continued)



7. Stir.



8. Add 75 ml toasted sesame seeds.



9. Stir.



10. Roll into bite-size balls.



11. Put the balls on a plate.



12. Refrigerate.

SANDWICH FACE

YIELDS: 1 SERVING



1 slice of whole wheat bread



peanut butter



carrot or cheese



raisins



banana



apple



1. Spread the peanut butter on a slice of bread.



2. Grate a carrot or cheese and use for hair.



3. Put the raisins on for eyes.



4. Slice a piece of banana and use for a nose.



5. Slice a piece of apple and use for a mouth.

Tips: Crackers or pizza may also be used.

Toppings may also include nuts, dried fruits, small crackers, cold cereal or shredded coconut.

三文治臉譜

份量：一人用

甲. 作料：
一片全麥麵包
花生醬
一花紅蘿蔔乾或乾酪(芝士)
一片葡萄乾
香蕉
蘋果

乙. 製作過程：

1. 在一片麵包上塗上花生醬。
2. 將紅蘿蔔或乾酪(芝士)磨成碎條，用作頭髮。
3. 放葡萄乾當做眼睛。
4. 切下一片香蕉，放上麵包做鼻子。
5. 切一片蘋果，放上做嘴巴。

附註：可用脆餅或義大利薄餅取代麵包做臉譜，然後放上胡桃仁，乾菓，小脆餅，脆穀皮或碎椰絲作五官及頭髮。

SUBMARINE SANDWICHES



a loaf of French bread



mayonnaise



tomato



cheese



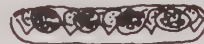
salami



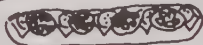
1. Slice the bread in half lengthwise.



2. Spread the mayonnaise on both halves of the bread.



3. Put the slices of salami, tomato and cheese on one half of the bread.



4. Put the other half of the bread on top.



5. Slice into sandwiches.

FRUITS AND VEGETABLES

Ants on a Log	23
Ants on a Log (<i>Punjabi Translation</i>)	24
Apple Salad	25
Banana Hot Dog	26
Banana Hot Dog (<i>Spanish Translation</i>)	27
Cabbage Salad	28
Cabbage Salad Dressing	30
Caterpillars	32
Caterpillars (<i>Vietnamese Translation</i>)	33
Friendly Dog Salad	34
Hairy Harrys	35
Hairy Harrys (<i>French Translation</i>)	36
Spiced Cabbage	37
Sprouting	39
Vegetable Salad	41
Walnut Orange Dressing	43

ANTS ON A LOG

YIELDS: 2 SERVINGS



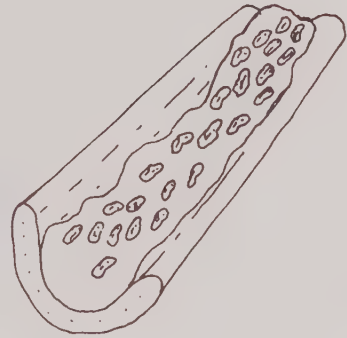
1 celery stick



peanut butter



raisins



1. Slice the celery into 10 cm pieces.



2. Spread the peanut butter on each celery piece.



3. Put the raisins on top of the peanut butter.

ਮੈਨਟਲ ਮੈਨ ਏ ਪੈਪਰ

ਏ ਮਾਦਮੀਆਂ ਵਾਸਤੇ।

ਇਕ ਮੈਨੁਲੀ ਦੀ ਤੋਲੀ

ਪੈਨਟ ਬਟੋਰ

5 ਹੋਮਿਨਸ (ਮਛਿੰਗੀ)

1. ਮੈਨੁਲੀ ਨੂੰ 10 ਮੈਟੀਮੀਟਰ ਦੇ ਟੁਕੜੇਆਂ 'ਚ ਕਟੋ।
2. ਉਨ੍ਹਾਂ ਪੀਸਾਂ ਉੱਤੇ ਪੈਨਟ ਬਟੋਰ ਲਗਾਓ।
3. ਉਸ ਉੱਤੇ ਚਾਰ ਉਸ ਉੱਤੇ ਹੋਮਿਨਸ ਲਗਾਓ।

APPLE SALAD

YIELDS: 6 SERVINGS



2 medium apples



80 ml chopped nuts



250 ml celery



125 ml mayonnaise



1. Chop 2 apples into small pieces.



2. Put the apples into a small bowl.



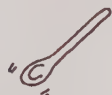
3. Chop 250 ml celery into small pieces.



4. Add the celery.



5. Add 80 ml nuts.



6. Stir.



7. Add 125 ml mayonnaise.



8. Stir.

BANANA HOT DOG

YIELDS: 1 SERVING



1 hot dog bun



peanut butter



1 banana



1. Slice the hot dog bun in half lengthwise.



2. Spread the peanut butter on the bun.



3. Peel the banana.



4. Put the banana on the bun.

PERRO CALIENTE DE BANANO

PARA: 1 PORCION

1 pan para perro caliente

mantequilla de maní

1 banana

1. Parta el pan de perro caliente a lo largo.
2. Untele la mantequilla de maní.
3. Parta el banano por la mitad a lo largo.
4. Pongalo en el pan.

CABBAGE SALAD

YIELDS: 20 SERVINGS



1 medium cabbage



30 ml toasted sesame seeds



125 ml green onions



1/2 pkg uncooked
oriental noodles



125 ml unblanched almonds



1. Slice 1 medium cabbage.



2. Chop the cabbage into small pieces.



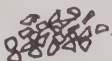
3. Put the cabbage into a bowl.



4. Chop 125 ml green onions into small pieces.



5. Add the green onions.



6. Chop 125 ml almonds into small pieces.



7. Add the almonds.

CABBAGE SALAD (Continued)

+



8. Add 30 ml sesame seeds.

+



9. Add 1/2 pkg uncooked crushed oriental noodles.



10. Stir.

Tip: Vary the amounts and types of salad ingredients, such as bean sprouts, alfalfa sprouts or grated carrots.

CABBAGE SALAD DRESSING

YIELDS: 20 SERVINGS



1 pkg oriental noodles soup base



15 ml sugar



3 ml salt



45 ml vinegar



125 ml vegetable oil



3 ml pepper



45 ml soya sauce



1. Put 1 pkg oriental noodles soup base into a jar.



2. Add 15 ml sugar.



3. Add 3 ml salt.



4. Add 45 ml vinegar.



5. Add 125 ml vegetable oil.



6. Add 3 ml pepper.

CABBAGE SALAD DRESSING (Continued)



7. Add 45 ml soya sauce.



8. Put the lid on the jar.



9. Shake the jar.



10. Pour the dressing over the cabbage salad.



11. Stir well.

CATERPILLARS

YIELDS: 2 SERVINGS



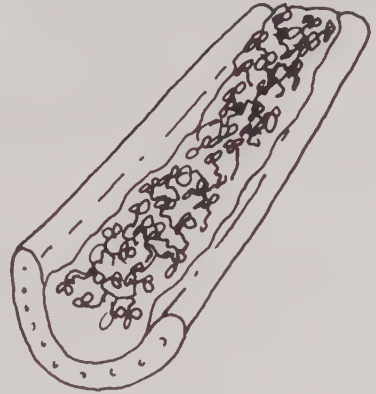
celery sticks



peanut butter



alfalfa sprouts



1. Slice the celery into 10 cm pieces.



2. Spread the peanut butter on each celery piece.



3. Put the sprouts on top of the peanut butter.

*Tips: Any homemade spread may be used instead of peanut butter.
Mixed sprouts are also tasty.*

NHƯ HÌNH CON SÂU

ĐỦ CHO 2 PHẦN ĂN

Các thứ cần thiết

Thân rau cần tây

Tường đậu phộng (peanut butter)

Giá alfalfa

Cách làm

1. Rửa sạch rau cần tây.
2. Cắt thành từng đoạn cỡ 10 cm.
3. Trét tường đậu phộng trên từng đoạn rau cần tây.
4. Rải giá alfalfa trên tường đậu phộng.

*Lưu ý: có thể dùng bất cứ loại mứt tự làm thay cho tường đậu phộng.
có thể dùng loại giá khác cũng không kém phần khoái khẩu.*

FRIENDLY DOG SALAD

YIELDS: 1 SERVING



1 lettuce leaf



1/2 of a pear



1 prune



1 raisin



1 maraschino cherry



2 orange segments



1. Put a lettuce leaf on a salad plate.



2. Put half of a pear on the lettuce leaf.



3. Put a prune at the big end of the pear to make the dog's ear.



4. Make a little hole in the pear for the eyes.



5. Put a raisin in the hole.



6. Put a cherry at the little end of the pear for the nose.



7. Add the orange segments for the collar.

Tip: Fresh or canned fruits may be used.

HAIRY HARRYS

YIELDS: 4 SERVINGS



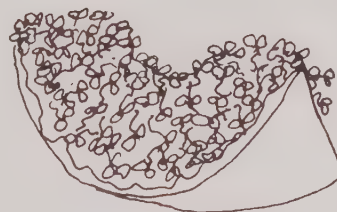
1 apple



peanut butter



alfalfa sprouts



1. Slice the apple into quarters.



2. Cut out the core.



3. Spread the peanut butter on the sides of the apple.



4. Put the alfalfa sprouts on top of the peanut butter.

LES CHEVELUS

POUR: 4 PERSONNES

Une pomme

du beurre d'arachide

des germes " Alfalfa

1. Coupez la pomme en quatre.
2. Enlevez le coeur.
3. Tartinez les quartiers avec du beurre d'arachide.
4. Posez les germes "Alfalfa" sur le beurre d'arachide.

SPICED CABBAGE

YIELDS: 10 SERVINGS



500 ml white vinegar



125 ml sugar



1/2 head of cabbage



5 to 10 ml chili powder



5 ml sesame oil



10 ml sesame seeds



1. Put 500 ml vinegar into a bowl.



2. Add in 125 ml sugar.



3. Stir.



4. Slice half cabbage into 1 cm x 8 cm thin slices.



5. Add the cabbage.



6. Stir.



7. Cover the bowl.

SPICED CABBAGE (Continued)



8. Refrigerate 3 to 5 hours.



9. Pour off excess vinegar.



10. Add 5 to 10 ml chili powder.



11. Stir.



12. Refrigerate until served.



13. Sprinkle 5 ml sesame oil on cabbage.



14. Sprinkle 10 ml sesame seeds on cabbage.

Tip: Any vegetable oil may be used.

SPROUTING

YIELDS: 500 ML SPROUTS



15 ml sprouting seeds (alfalfa, radish, mustard or wheat)

Do not use seeds chemically prepared for planting.



125 ml water



1. Soak 15 ml sprouting seeds.



2. Put the seeds into a glass jar.



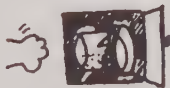
3. Add 125 ml water.



4. Cover the jar with a J-cloth.



5. Secure it with an elastic band.



6. Put the jar on its side in a dark place.



7. Rinse with water, morning and afternoon.

SPROUTING (Continued)



8. Put the jar in the sunlight for a few hours after seeds have sprouted.



9. Refrigerate.

Tips: Small seeds like alfalfa, radish and mustard need only soak for a few hours. Wheat and mung beans should soak overnight.

Sprouting seeds are available at most health food stores.

Sprouts will be ready in 3 or 4 days.

Use in sandwiches or salads.

VEGETABLE SALAD



lettuce



tomato



cauliflower



celery



alfalfa sprouts



cucumber



mushrooms



1. Tear the lettuce into small pieces.



2. Put the lettuce into a large bowl.



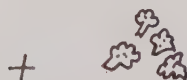
3. Chop the tomato into small pieces.



4. Add the tomatoes.



5. Break the cauliflower into small pieces.



6. Add the cauliflower.

VEGETABLE SALAD (Continued)



7. Slice the celery into small pieces.



8. Add the celery.



9. Slice the cucumber into small pieces.



10. Add the cucumber.



11. Slice the mushrooms into small pieces.



12. Add the mushrooms.



13. Add dressing of your choice.

Tips: Try a salad buffet. Prepare vegetables one day and store in individual containers. The following day place containers on a table. Give children plates and let them make their own salad.

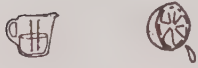
Try a combination salad of fruits, vegetables, nuts and seeds, (mandarin oranges, cashews, snow peas, spinach).

WALNUT ORANGE DRESSING

YIELDS: 12 SERVINGS



5 ml garlic minced



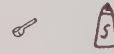
125 ml orange juice



5 ml sugar



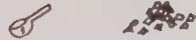
45 ml vinegar



1 ml salt



**25 ml vegetable or
walnut oil**



1. Put 5 ml minced garlic into a bowl.

+



2. Add 125 ml orange juice.

+



3. Add 5 ml sugar.

+



4. Add 45 ml vinegar.

+



5. Add 1 ml salt.

+



6. Add 25 ml vegetable oil.

WALNUT ORANGE DRESSING (Continued)



7. Stir.



8. Pour dressing on fruit or vegetable salad just before serving.

Reprinted with the permission of:
The Lighthearted Cookbook
Key Porter Books Limited
Date of Publication 1988
Page 49

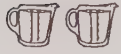
DO NOT DUPLICATE.

MEAT, FISH, POULTRY AND ALTERNATES

Frozen Carob Tofu Ice Cream	47
Hiker Mix	48
Hiker Mix (<i>Arabic Translation</i>)	49
Kabob	50
Kabob (<i>Chinese Translation</i>)	51
Seed Cookie	52
Seed Cookie (<i>Punjabi Translation</i>)	53

FROZEN CAROB TOFU ICE CREAM

YIELDS: 24 SERVINGS



500 ml soft tofu (dessert tofu)



250 ml milk



4 medium frozen bananas



60 ml carob powder



1. Put 500 ml soft tofu into a blender.



2. Add 250 ml milk.



3. Add 4 medium frozen bananas.



4. Add 60 ml carob powder.



5. Whirl until smooth.



6. Freeze in an ice cream churn.

HIKER MIX

YIELDS: 1 SERVING



4 peanuts



5 raisins



10 ml sunflower seeds



6 pumpkin seeds



1. Put 4 peanuts into a small bowl.



2. Add 10 ml sunflower seeds.



3. Add 5 raisins.



4. Add 6 pumpkin seeds.



5. Stir.

قلية المسافر

عدد الاستخام: ستين واحد

- المقارير : - ٤ حبات من الفتحة .
- ١٠ مليلتر من اللب الأبيض .
- ٥ حبات من الزبيب .
- ٦ حبات من اللب .

طريقة عمل :

- ١ - ضمع في النار كل من :
 - ٤ حبات من الفتحة .
 - ١٠ مليلتر من اللب الأبيض .
 - ٥ حبات من الزبيب .
 - ٦ حبات من اللب .
- ٢ - أضط اجمع وكرام .

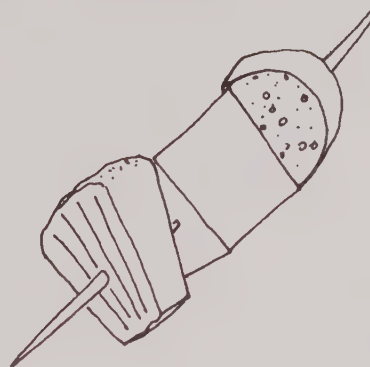
KABOB

YIELDS: 1 SERVING


cheese


salami


pineapple chunks



1. Cut the cheese into small cubes.



2. Cut the salami into 1 cm thick slices.



3. Cut each salami slice into 4 pieces.



4. Put a piece of pineapple, salami, and cheese alternately on a toothpick.

Tip: Fruit pieces may be used to make fruit kabobs.

一串串

份量：一人用

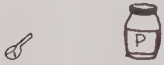
甲. 作料：
乾酪(芝士)
義大利臘腸
菠蘿塊

乙. 製作過程：

1. 將乾酪或乳酪(芝士)切成小粒狀。
2. 把義大利臘腸切成一分厚的薄片。
3. 再把義大利臘腸薄片一分為四份。
4. 用一管交替地串成串，義大利臘腸，及芝士塊。

SEED COOKIE

YIELDS: 1 SERVING



5 ml peanut butter



5 ml wheat germ



5 ml honey



5 ml sunflower seeds



1. Put 5 ml peanut butter into a small bowl.



2. Add 5 ml honey.



3. Add 5 ml wheat germ.



4. Add 5 ml sunflower seeds.



5. Stir.



6. Roll to form a ball.



7. Put the ball on a plate.



8. Refrigerate.

ਮੀਂਤੁ ਧਿਅਰੁ

ਦਿਰ ਆਰਗੀ ਦਾਅਤ

- 5 ਮਿਲੀ ਲੀਟਰ ਮਖੌਂ. ਮੰਗਫਲੀ ਦਾ
- 5 ਮਿਲੀ ਲੀਟਰ ਆਖਿਉਂ
- 5 ਮਿਲੀ ਲੀਟਰ ਵੀਟ ਜਗਮ
- 5 ਮਿਲੀ ਲੀਟਰ ਮਨਫਲਾਦਰ ਮੀਂਤੁ
- 1. ਦਿਰ ਛੋਟੇ ਪੈਲੇ ਦਿਰ ਭੋਲੇ ਲਿਖਿਆਂ ਰੀਜਾ ਘੋਲ:
 - 5 ਮਿਲੀ ਲੀਟਰ ਘੋਲ ਦਾਅਤ (ਮੰਗਫਲੀ ਦਾ ਮਖੌਂ)
 - 5 ਮਿਲੀ ਲੀਟਰ ਆਖਿਉਂ
 - 5 ਮਿਲੀ ਲੀਟਰ ਵੀਟ ਜਗਮ
 - 5 ਮਿਲੀ ਲੀਟਰ ਮਨਫਲਾਦਰ ਮੀਂਤੁ
- 2. ਮਿਲਾਏ ਮਭ ਨੂੰ।
- 3. ਦਿਮਦ ਦਿਰ ਘੋਲ ਦਾਅਤ।
- 4. ਫਹਿਲੇ ਦਿਰੇ ਰੋਲੇ ਰੋਲੇ।

MILK AND MILK PRODUCTS

Apple Milkshake	57
Apple Milkshake (<i>Spanish Translation</i>)	58
Banana Pudding	59
Banana Smoothie	61
Berry Milkshake	62
Berry Milkshake (<i>Vietnamese Translation</i>)	63
Fruit Shake	64
Honey Eggnog	65
Orange Julius	67
Orange Julius (<i>French Translation</i>)	68
Orange Popsicles	69
Yogurt Shake	71
Yogurt Shake (<i>Arabic Translation</i>)	72

APPLE MILKSHAKE

YIELDS: 8 SERVINGS



500 ml vanilla ice cream



250 ml apple juice



1 ml cinnamon



1. Put 500 ml vanilla ice cream into a blender.



2. Add 250 ml apple juice.



3. Add 1 ml cinnamon.



4. Whirl until frothy.

Tip: Tint the shake green with a little food colouring for St. Patrick's Day.

MALTEADA DE MANZANA

PARA: 8 VASOS

500 ml de crema de helado de vainilla

250 ml de jugo de manzana

1 ml de canela en polvo

1. Coloque en el vaso de la liquadora
la crema de helado de vainilla
el jugo de manzana
y la canela en polvo
2. Licuelo hasta cuando quede cremoso y obtendra la mas exquisita y sabrosa malteada.

BANANA PUDDING

YIELDS: 6 SERVINGS



500 g soft tofu (dessert tofu)



30 ml vegetable oil



a few grains salt



10 ml vanilla extract



2 ripe bananas



dash lemon juice



65 ml sugar



1. Put 500 g tofu into a blender.

+



2. Add 30 ml vegetable oil.

+



3. Add a few grains of salt.

+



4. Add 10 ml vanilla extract.

+



5. Add 2 ripe bananas.

+



6. Add a dash of lemon juice.

BANANA PUDDING (Continued)



7. Add 65 ml sugar.



8. Whirl until mixed.

BANANA SMOOTHIE

YIELDS: 4 SERVINGS



500 ml plain yogurt



125 ml apple juice



125 ml unsweetened strawberries
(fresh or frozen)



6 crushed ice cubes



2 medium frozen bananas



1. Put 500 ml plain yogurt into a blender.



2. Add 125 ml unsweetened strawberries.



3. Add 2 frozen bananas.



4. Add 125 ml apple juice.



5. Add 6 crushed ice cubes.



6. Whirl until thick and smooth.

Reprinted with the permission of:

The Living Cookbook

Bethany House Publishers

Date of Publication 1981

Page 242

DO NOT DUPLICATE.

Tip: Any diced fruit of your choice may be used.

BERRY MILKSHAKE

YIELDS: 2 SERVINGS



1 handful unsweetened berries



10 ml sugar or honey



5 ml powdered milk



250 ml milk



5 ml vanilla extract



1. Put 1 handful of berries into a blender.



2. Add 5 ml powdered milk.



3. Add 5 ml vanilla extract.



4. Add 10 ml sugar or honey.



5. Whirl until thick and smooth.



6. Add 250 ml milk.



7. Whirl until mixed.

Tip: Any fresh or frozen fruit may be used.

SỮA ĐÁNH MÙI TRÁI DÂU

ĐỦ CHO 2 PHẦN UỐNG

Các thứ cần thiết

1 nắm trái dâu

12 ml đường cát hay 10 ml mật ong

5 ml sữa bột

250 ml sữa tươi

5 ml tinh chất va-ni

Cách làm

1. Bỏ vào máy sinh tố các thứ sau đây:

1 nắm trái dâu

5 ml sữa bột

5 ml tinh chất va-ni

12 ml đường cát hay 10 ml mật ong

2. Mở máy sinh tố quậy cho đến khi hỗn hợp trở thành sền sệt và đều đặn.

3. Thêm vào 250 ml sữa tươi.

4. Cho máy sinh tố chạy lại cho đến khi trộn đều.

Biến dạng: có thể thay trái dâu bằng bất cứ loại trái cây tươi hoặc đông lạnh.

FRUIT SHAKE

YIELDS: 1 SERVING



1 strawberry



3 cm of a banana



1 orange section



65 ml pineapple juice



30 ml sugar or honey



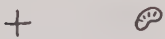
2 crushed ice cubes



1. Put 1 strawberry into a blender.



2. Add 3 cm of a banana.



3. Add 1 orange section.



4. Add 65 ml pineapple juice.



5. Add 30 ml sugar or honey.



6. Add 2 crushed ice cubes.






7. Whirl until frothy.


*Tips: Vary the fruit and juice combinations to take advantage of seasonal availability.
Milk may replace juice. Ice cream may replace ice cubes.*

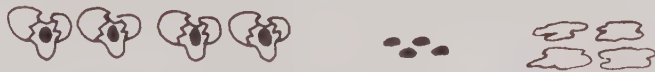
HONEY EGGNOG

YIELDS: 20 SERVINGS


4 eggs

60 ml honey


500 ml milk


**nutmeg and cinnamon
to taste**



1. Crack 4 eggs, separating egg yolks from egg whites.



2. Put the egg yolks into a bowl.



3. Put the egg whites into another bowl.



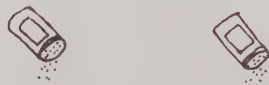
4. Beat the egg yolks with an electric mixer until smooth.



5. Add 60 ml honey.



6. Add 500 ml milk.



7. Sprinkle nutmeg and cinnamon to taste.



8. Stir.

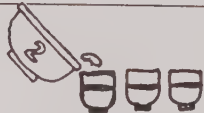
HONEY EGGNOG (Continued)



9. Beat the egg whites with the electric mixer, until stiff.



10. Fold the egg yolks carefully into egg white mixture.



11. Pour the eggnog into glasses.




12. Sprinkle with nutmeg.



Reprinted with the permission of:
The Living Cookbook
Bethany House Publishers
Date of Publication 1981
Page 242
DO NOT DUPLICATE.

ORANGE JULIUS

YIELDS: 4 SERVINGS

 1 egg

 75 ml concentrated frozen orange juice

  250 ml milk

4 to 6  crushed ice cubes

   5 ml sugar or honey



1. Crack 1 egg into a blender.



2. Whirl.



3. Add 75 ml concentrated frozen orange juice.



4. Add 250 ml milk.



5. Add 4 to 6 crushed ice cubes.



6. Add 5 ml sugar or honey.



7. Whirl until frothy.

Tip: Substitutions for orange concentrate: 1 banana plus 2 ml vanilla extract or 125 ml sliced strawberries.

JUS D'ORANGE JULIUS

POUR: 4 PERSONNES OU 4 RATIONS

4 à 6 glaçons en morceaux

5 à 10 ml de sucre

1. Battez l'oeuf au mixer.
2. Ajoutez: 75 ml de jus d'orange.
250 ml de lait
4 à 6 glaçons en morceaux
5 à 10 ml de sucre
3. Battez le tout jusqu'à obtention d'un mélange mousseux

Variantes: Remplacez le jus d'orange par une banane et 2 ml de vanille ou par 125 ml de fraises coupées en morceaux.

ORANGE POPSICLES

YIELDS: 12 SERVINGS



250 ml milk



65 ml honey



175 ml orange juice concentrate



10 ml vanilla extract



65 ml soft tofu (dessert tofu)



1. Put 250 ml milk into a blender.



2. Add 175 ml orange juice concentrate.



3. Add 65 ml soft tofu.



4. Add 65 ml honey.



5. Add 10 ml vanilla extract.



6. Whirl until very smooth.



7. Pour into popsicle molds or plastic ice trays.

ORANGE POPSICLES (Continued)



8. Freeze in refrigerator.



9. Insert the popsicle sticks, once mixture begins to set.



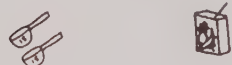
10. Remove the popsicles from mold when completely frozen.

YOGURT SHAKE

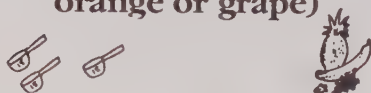
YIELDS: 1 SERVING



30 ml yogurt



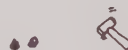
30 ml fruit juice (pineapple, apple,
orange or grape)



45 ml fresh, canned, or frozen fruit



5 ml honey



2 crushed ice cubes



1. Put 30 ml yogurt into a blender.



2. Add 30 ml juice.



3. Add 45 ml fruit.



4. Add 5 ml honey.



5. Add 2 crushed ice cubes.



6. Whirl until frothy.

"مختصر الزبارة"

عدد الأشخاص: عشرة واحد.

المقارير:

- ١. مليلتر من الزبارة .
- ٢. مليلتر من عصير الفواكه (اناناس ، تفاح ، برتقال أو عنب) .
- ٣. مليلتر من الفواكه الطازجة او المعليه او المجمدة .
- ٤. ٥ مليلتر من عسل النحل .
- ٥. مكعب بلع صهروسي .

طريقه العمل :

- ١- ضع المقارير الاربعة في الخلاط :
- ٢. مليلتر زبارة .
- ٣. مليلتر عصير الفواكه .
- ٤. مليلتر فاكهه .
- ٥. ٥ مليلتر عسل نحل .
- ٦. مكعب بلع صهروسي .
- ٧. شغل الخلاط حتى يتم خلط جميع المواد والمقارير ببعضها .



Baking and Cooking Recipes



BREADS AND CEREALS

Breads

Alligator Bread	77
Baked Bannock	79
Cheese Shortbread	81
Cheese Wafers	83
Cheese Wafers (<i>Chinese Translation</i>)	85
Five-Grain Soda Bread	86
French Toast	89
French Toast (<i>Punjabi Translation</i>)	91
Initial Crackers	92
Letter Pretzels	94
Letter Pretzels (<i>Spanish Translation</i>)	97
Naan Bread	98
Nutty Numbers	101
Nutty Numbers (<i>Vietnamese Translation</i>)	103
Pancakes	104
Pancakes (<i>French Translation</i>)	106
Rotli	107
Yogurt Biscuits	109

BREADS AND CEREALS (Continued)

Buns

Overnight Buns	111
----------------	-----

Cereals

Birdseed Granola Squares	115
Granola	118
Quick Cooking Porridge	120
Quick Cooking Porridge (<i>Arabic Translation</i>)	122

Muffins

Apple Muffins	123
Apple Muffins (<i>Chinese Translation</i>)	126
Oat Bran Muffins	127
Refrigerator Bran Muffins	130
Surprise Muffins	134
Surprise Muffins (<i>Punjabi Translation</i>)	137
Yogurt-Blueberry-Orange Muffins	138

ALLIGATOR BREAD

YIELDS: 1 ALLIGATOR



1 loaf frozen bread dough



10 ml vegetable oil



2 raisins



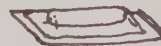
Day One



1. Brush the top of the dough with 10 ml vegetable oil.



2. Loosely cover the dough with plastic wrap.



3. Thaw the dough overnight on a greased cookie sheet.

Day Two



1. Preheat the oven to 190° C.



2. Slice the ends off the loaf.

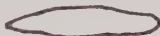
ALLIGATOR BREAD (Continued)



3. Slice the ends of the loaf in half.



4. Shape the loaf into a curvy alligator shape.



5. Put the curvy alligator shape on a greased cookie sheet.



6. Attach the 4 end pieces of dough under the body for the legs.



7. Snip a slit with scissors for the mouth.



8. Put a roll of tin foil into the mouth to keep it open.



9. Put the raisins in for eyes.



10. Snip the dough with scissors all over to make scales.



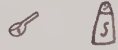
11. Bake at 190° C for 30 minutes.

BAKED BANNOCK

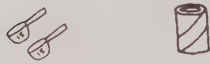
YIELDS: 20 BISCUITS



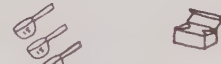
1000 ml flour



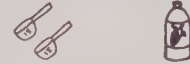
5 ml salt



30 ml baking powder



45 ml shortening



30 ml corn syrup



750 to 1000 ml warm water



1. Preheat the oven to 225° C.



2. Put 1000 ml flour into a bowl.



3. Add 5 ml salt.



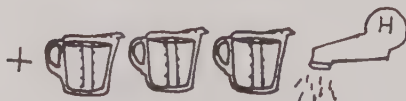
4. Add 30 ml baking powder.



5. Cut in 45 ml of shortening with pastry cutter.



6. Add 30 ml corn syrup.

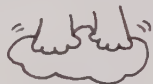


7. Add 750 to 1000 ml water.

BAKED BANNOCK (Continued)



8. Stir until dough is spongy soft.



9. Knead the dough.



10. Divide the dough into 20 portions.



11. Shape each portion into a flat biscuit.



12. Put the biscuits on a greased cookie sheet.



13. Bake at 225° C for 10 to 15 minutes or until golden brown.

CHEESE SHORTBREAD

YIELDS: 24 COOKIES



125 ml butter



2 ml baking powder



500 ml grated parmesan cheese



250 ml flour



1 ml salt



1. Preheat the oven to 180° C.



2. Put 125 ml butter into a bowl.

+



3. Add 500 ml cheese.



4. Stir.

+



5. Add 1 ml salt.

+



6. Add 2 ml baking powder.

+



7. Add 250 ml flour.

CHEESE SHORTBREAD (Continued)



8. Stir until dough forms a ball.



9. Refrigerate 20 minutes.



10. Sprinkle flour on a hard surface.



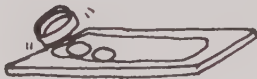
11. Put the dough onto the lightly floured surface.



12. Knead the dough a few times to form a smooth ball.



13. Roll into a thin sheet.



14. Cut the shortbread with a cookie cutter.



15. Put the cookies on a greased cookie sheet.



16. Bake at 180° C for 15 minutes until cookies begin to brown.

CHEESE WAFERS

YIELDS: 6 WAFERS



15 ml cheddar cheese



15 ml whole wheat flour



15 ml margarine



sesame seeds



15 ml all purpose flour



1. Preheat the oven to 175° C.



2. Grate 15 ml cheese.



3. Put the grated cheese into a bowl.



4. Add 15 ml margarine.



5. Add 15 ml all purpose flour.



6. Add 15 ml whole wheat flour



7. Stir until mixture forms a ball.

CHEESE WAFERS (Continued)



8. Divide the dough into 6 portions.



9. Roll the dough into balls.



10. Put the balls on an ungreased cookie sheet.



11. Flatten the balls with a fork dipped in flour.



12. Sprinkle with sesame seeds.



13. Bake at 175° C for 15 minutes or until golden brown.

乾酪(芝士)甜餅

份量：六個甜餅

甲. 作料：

- 15 毫升 乾酪(芝士)
- 15 毫升 人造牛油
- 15 毫升 麵粉
- 15 毫升 全麥麵粉
- 2 毫升 芝麻

乙. 製作過程：

1. 將焗爐預先加溫至 175°C (攝氏計)。
2. 磨碎乾酪(芝士)。
3. 將以下之作料一起放在一小碗內
—— 乾酪(芝士), 人造牛油, 麵粉, 及全麥麵粉。
4. 攪拌碗內作料。
5. 將碗內作料分為六小份。
6. 將各小份搓成小球狀。
7. 放小球在非油脂性的製餅紙上。
8. 用一支沾滿麵粉的叉壓平小球。
9. 撒上芝麻。
10. 放入焗爐以 175°C (攝氏計) 焗十五分鐘, 至甜餅呈金黃色為止。

FIVE-GRAIN SODA BREAD

YIELDS: 1 LOAF



250 ml all-purpose flour



175 ml whole-wheat flour



175 ml rye flour



175 ml graham flour



175 ml rolled oats



25 ml sugar



15 ml baking powder



15 ml baking soda



2 ml salt



45 ml soft margarine or
vegetable oil



175 ml raisins (optional)



425 ml buttermilk



1. Preheat the oven to 180° C.



2. Put 250 ml all-purpose flour into a large bowl.

+



3. Add 175 ml whole-wheat flour.

+



4. Add 175 ml rye flour.

FIVE-GRAIN SODA BREAD (Continued)



5. Add 175 ml graham flour.



6. Add 175 ml rolled oats.



7. Add 25 ml sugar.



8. Add 15 ml baking powder.



9. Add 15 ml baking soda.



10. Add 2 ml salt.



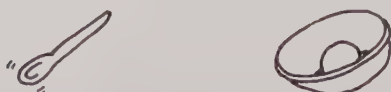
11. Cut in 45 ml margarine with pastry blender.



12. Stir in 175 ml raisins.



13. Add 425 ml buttermilk.



14. Stir until mixture forms a ball.

FIVE-GRAIN SODA BREAD (Continued)



15. Sprinkle flour on hard surface.



16. Put the dough on surface.



17. Knead the dough about 10 times or until smooth.



18. Put the dough on a greased cookie sheet.



19. Flatten the dough into a circle about 6 cm thick.



20. Cut a large "X" about 5 mm deep on top.



21. Bake at 180° C for 60 minutes or until toothpick inserted in centre comes out clean.

Tip: Instead of buttermilk, you can substitute sour milk. To sour milk, add 15 ml white vinegar or lemon juice to 250 ml milk.

FRENCH TOAST

YIELDS: 4 SERVINGS



2 eggs



65 ml milk



2 slices whole wheat bread



1. Crack 2 eggs into a large bowl.



2. Beat the eggs with a fork.

+



3. Add 65 ml milk.



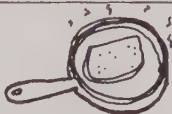
4. Stir.



5. Slice the 2 pieces of bread in half.



6. Dip half slices of bread in egg mixture.



7. Put each slice on a hot frying pan.

FRENCH TOAST (Continued)



8. Cook until golden brown.



9. Flip each slice of bread.



10. Cook until golden brown.

Tip: Serve with applesauce, fruit yogurt or fresh fruit.

ਫਰੈਂਚ ਟੈਸਟ

4 ਮਾਦਰੀਆਂ ਵਾਸਤੇ

2 ਪੀਸ ਡਬਲਯੂਈ ਦੇ

2 ਅੰਡੇ

65 ਮਿਲੀ ਲੀਟਰ ਦੁੱਧ

1. ਦੋ ਫਰੈਂਚ 'ਚ 2 ਅੰਡੇਆਂ ਨੂੰ ਤੜਕੇ ਗੰਢੇ ਨਾਲ ਚੰਗੀ ਤਰ੍ਹਾਂ ਮਿਲਾਓ।
2. 65 ਮਿਲੀ ਲੀਟਰ ਦੁੱਧ ਅੰਡੇਆਂ 'ਚ ਮਿਲਾਓ।
3. ਇਨ੍ਹਾਂ ਨੂੰ ਫਿਰ ਚੰਗੀ ਤਰ੍ਹਾਂ ਤਿਲਾਓ।
4. ਡਬਲਯੂਈ ਦੇ ਪੀਸਾਂ ਨੂੰ ਮੱਧ 'ਚ ਕੱਟੋ।
5. ਕੋਏ ਤੇ ਪੀਸਾਂ ਨੂੰ ਅੰਡੇ 'ਚ ਡਬਲਯੂਓ।
6. ਇਨ੍ਹਾਂ ਨੂੰ ਅੱਗ ਤੇ ਹੱਥ ਤੇ ਫਰੈਂਚ ਪੈਨ 'ਚ ਪਾਓ।
7. ਚੰਗੀ ਤਰ੍ਹਾਂ ਪਕਾਓ ਦੇਵੋ।
8. ਘੋਸ਼ਾ ਪਕਾਓ।
9. ਦੁੱਧ ਤੇ ਘੋਸ਼ੇ ਨੂੰ ਵੀ ਪਕਾਓ ਦੇਵੋ।

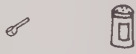
ਇਸ ਨੂੰ ਤੁਸੀਂ ਮੈਪਲ ਸੈੱਸ, ਕਰੈਂਟ ਜੈਗਰਟ ਜਾਂ ਤਾਜੇ ਫਲ
ਦੇ ਨਾਲ ਪੇਸ਼ ਕਰ ਸਕਦੇ ਹੋ।

INITIAL CRACKERS

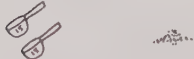
YIELDS: 7 CRACKERS



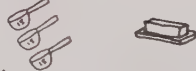
125 ml flour



1 ml garlic salt



30 ml sesame seeds



45 ml cold butter



30 ml ice water



1. Preheat the oven to 175° C.



2. Put 125 ml flour into a bowl.



3. Add 1 ml garlic salt.



4. Add 30 ml sesame seeds.



5. Stir.



6. Cut in 45 ml cold butter with pastry cutter until crumbly.



7. Sprinkle 30 ml ice water onto the dough.

INITIAL CRACKERS (Continued)



8. Stir until mixture forms a ball.



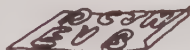
9. Divide the dough into 7 portions.



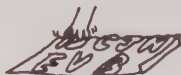
10. Roll each portion into a snake.



11. Shape into initials.



12. Put the initials on an ungreased cookie sheet.



13. Flatten the initials slightly with fingertips.



14. Bake at 175° C for 15 minutes.

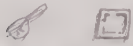
Reprinted with the permission of:
Kinder-Krunchies
Discovery Toys
Date of Publication 1982
Page 30

LETTER PRETZELS

YIELDS: 7 PRETZELS



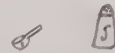
125 ml warm water



15 ml yeast



5 ml honey



5 ml salt



335 ml flour



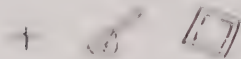
1 egg



1. Preheat the oven to 210° C.



2. Put 125 ml warm water into a bowl.



3. Add 15 ml yeast.



4. Stir.



5. Add 5 ml honey.



6. Add 5 ml salt.



7. Add 335 ml flour.

LETTER PRETZELS (Continued)



8. Stir until mixture forms a ball.



9. Knead the dough.



10. Divide the dough into 7 portions.



11. Roll each portion into a snake.



12. Shape each snake into a letter.



13. Put the letters on a cookie sheet.



14. Crack 1 egg into a bowl.



15. Beat the egg with a fork.



16. Brush the letters with beaten egg mixture.



17. Sprinkle with salt.

LETTER PRETZELS (Continued)



18. Bake at 210° C for 10 minutes.

Reprinted with the permission of:

Kinder-Krunchies

Discovery Toys

Date of Publication 1982

Page 38

Tip: Try some dough without the egg brushed on top and compare.

LETRAS DE PRETZELS

PARA: 7 PORCIONES

125 ml de agua tibia

335 ml de harina de trigo

15 ml de levadura

1 huevo y una pizca de sal

5 ml de miel de abejas

-
1. Precaliente el horno a una temperatura de 210° C.
 2. Coloque en un molde o taza grande
El agua tibia
y la levadura
 3. Revuelva hasta diluirla bien.
 4. Agregue la miel, la sal y la harina.
 5. Amace todo.
 6. Divídala en 7 pedazos o trozos.
 7. Extienda la maza y forme rollos largos.
 8. Forme las letras.
 9. Coloque las letras en un molde para hornear galletas.
 10. Bata un huevo con un tenedor.
 11. Brochee las letras con bastante huevo.
 12. Rocelle sal.

13. Hornee a 210° C por 10 minutos.

Trate la maza sin untarla de huevo y compare el resultado.

Translated with the permission of:
Kinder-Krunchies
Discovery Toys
Date of Publication 1982
Page 38

NAAN BREAD

YIELDS: 20 SERVINGS



750 ml flour



30 ml plain yogurt



10 ml fast rising yeast



15 ml salt



1 egg



250 ml warm water



30 ml vegetable oil

Day One



1. Put 750 ml flour into a large bowl.



2. Add 30 ml plain yogurt.



3. Add 10 ml fast rising yeast.



4. Add 15 ml salt.



5. Crack 1 egg into the bowl.

NAAN BREAD (Continued)



6. Add 250 ml warm water.



7. Stir until mixture forms a ball.



8. Knead the dough.



9. Brush the dough with 30 ml vegetable oil.



10. Cover the dough loosely with plastic wrap.



11. Refrigerate the dough overnight.

Day Two



1. Preheat the oven to 200° C.



2. Divide the dough into small portions.



3. Roll each portion into a ball.



4. Sprinkle flour on a hard surface.

NAAN BREAD (Continued)



5. Roll the balls of dough flat.



6. Put the dough on a cookie sheet.



7. Bake at 200° C for about 10 minutes.

NUTTY NUMBERS

YIELDS: 7 NUMBERS



125 ml soft margarine



250 ml wheat germ



250 ml flour



30 ml chopped nuts



65 ml honey



1. Preheat the oven to 175° C.



2. Put 125 ml soft margarine into a large bowl.

+



3. Add 250 ml flour.

+



4. Add 65 ml honey.

+



5. Add 250 ml wheat germ.



6. Stir until mixture forms a ball.



7. Divide the dough into 7 portions.

NUTTY NUMBERS (Continued)



8. Roll each portion into a 'snake'.



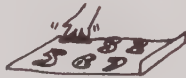
9. Shape each 'snake' into a number.



10. Sprinkle the numbers with chopped nuts.



11. Put the numbers on an ungreased cookie sheet.



12. Flatten the numbers slightly with fingertips.



13. Bake at 175° C for 10 minutes.

BÁNH HÌNH CON SÔ CỎ RẢI HẠT DẼ

ĐỦ CHO 7 PHẦN ĂN

Các thứ cần thiết

125 ml bơ thực vật

250 ml mặ́m lụ́a mĩ

250 ml bột mì

30 ml hạt dẽ xặ́t nhỏ

65 ml mặ́t ong

Cách làm

1. Mở lò nướng cho nóng đến nhiệt độ 175° C.
2. Bỏ chung vào một cái tô lớn
 - 125 ml bơ thực vật
 - 250 ml bột mì
 - 65 ml mặ́t ong
 - 250 ml mặ́m lụ́a mĩ
3. Trộn cho đều.
4. Chia hợp chất trên thành 7 phần.
5. Lăn thành dạng con rắn.
6. Dùng khung sô để cắt thành bánh.
7. Rải hạt dẽ xặ́t nhỏ lên mặt bánh.
8. Đặt bánh lên giấy làm bánh không mỡ.
9. Dùng đầu các ngón tây ấn nhẹ trên bánh.
10. Nướng bánh ở nhiệt độ 175° C khoảng 10 phút.

PANCAKES

YIELDS: 12 SERVINGS



500 ml flour



15 ml baking powder



5 ml salt



45 ml margarine



375 ml milk



1 egg



1. Put 500 ml flour into a large bowl.



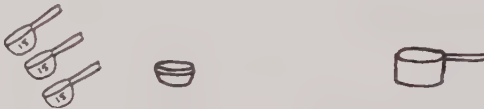
2. Add 15 ml baking powder.



3. Add 5 ml salt.



4. Stir.



5. Put 45 ml margarine into a small saucepan.



6. Melt.



7. Add 375 ml milk.

PANCAKES (Continued)



8. Crack 1 egg into the saucepan.



9. Stir.



10. Pour the liquid mixture into the dry mixture.



11. Stir.



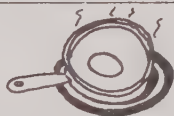
12. Put a spoonful of mixture into a hot frying pan.



13. Cook the pancake until bubbles appear.



14. Flip the pancake.



15. Cook the pancake until brown.

Tip: Serve with applesauce or fruit yogurt.

CREPES

POUR: 12 PERSONNES

500 ml de farine

un oeuf

15 ml de levure

375 ml de lait

5 ml de sel

45 ml de margarine

1. Versez dans un grand bol
500 ml de farine
15 ml de levure
5 ml de sel
2. Mélangez
3. Mettez 45 ml de margarine dans une petite poêle
4. Laissez fondre
5. Ajoutez un oeuf et les 375 ml de lait
6. Mélangez
7. Versez le tout dans la farine
8. Mélangez
9. Versez avec une petite louche 50 ml de pâte dans une poêle ou dans une galettoire chaude et anti adhérente
10. Cuisez jusqu' à ce que des bulles apparaissent
11. Retournez
12. Laissez cuire jusqu' à une teinte dorée
Servez avec de la compote de pommes ou du yaourt aux fruits.

ROTLI

YIELDS: 7 SERVINGS



425 ml whole wheat flour



15 to 30 ml vegetable oil



250 ml boiling water



1. Put 425 ml whole wheat flour into a large bowl.

+



2. Add 15 to 30 ml vegetable oil.

+



3. Add 250 ml boiling water.



4. Stir until mixture forms a ball.



5. Cool for 5 minutes.



6. Sprinkle flour on a hard surface.



7. Knead the dough lightly.

ROTLI (Continued)



8. Divide the dough into 7 portions.



9. Roll the balls of dough flat into 15 cm circles.



10. Put the circles into a hot frying pan.



11. Cook the rotli for 1 to 2 minutes or until bubbles appear.



12. Flip the rotli.



13. Cook the rotli for 1 to 2 minutes.

Tip: Serve with any curry dish.

Reprinted with the permission of:
A Spicy Touch
Centax of Canada
Date of Publication 1986
Page 40

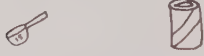
DO NOT DUPLICATE.

YOGURT BISCUITS

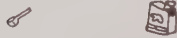
YIELDS: 16 TO 18 SERVINGS



375 ml flour



15 ml baking powder



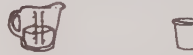
1 ml baking soda



2 ml salt



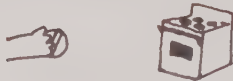
50 ml shortening



125 ml low-fat yogurt



125 ml milk



1. Preheat the oven to 225° C.



2. Put 375 ml flour into a large bowl.



3. Add 15 ml baking powder.



4. Add 1 ml baking soda.



5. Add 2 ml salt.



6. Cut in 50 ml shortening with a pastry cutter.

YOGURT BISCUITS (Continued)



7. Add 125 ml low-fat yogurt.



8. Add 125 ml milk.



9. Stir until mixture forms a ball.



10. Sprinkle flour on a hard surface.



11. Knead the dough 8 to 10 times.



12. Roll the dough to the desired thickness.



13. Cut the biscuits with a cookie cutter.



14. Put the biscuits on an ungreased cookie sheet.



15. Bake at 225° C for 10 to 12 minutes.

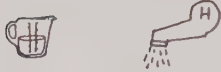
Tips: Biscuits will be doubled in height when baked.

Place biscuits close together for soft-sided biscuits or about 3 cm apart for crusty biscuits.

Cut with a variety of floured cookie cutters for interesting shapes.

OVERNIGHT BUNS

YIELDS: 36 SERVINGS



125 ml warm water



5 ml sugar



15 ml active dry yeast



3 eggs



200 ml sugar



5 ml salt



125 ml vegetable oil



625 ml warm water



2500 ml flour

Day One



1. Put 125 ml warm water into a small bowl.



2. Add 5 ml sugar.



3. Stir.



4. Sprinkle 15 ml of yeast over liquid.



5. Let stand in a warm place (about 10 minutes).

OVERNIGHT BUNS (Continued)



6. Crack 3 eggs into a large bowl.



7. Beat the eggs with an electric mixer.



8. Add 200 ml sugar.



9. Add 5 ml salt.



10. Add 125 ml vegetable oil.



11. Add 625 ml warm water.



12. Add yeast mixture.



13. Stir in about 2500 ml flour or enough to make a soft dough.



14. Sprinkle flour on a hard surface.



15. Knead the dough 10 minutes.

OVERNIGHT BUNS (Continued)



16. Brush the dough with vegetable oil.



17. Put the dough into a greased bowl.



18. Cover the bowl with a tea towel.



19. Let the dough rise until doubled in size.



20. Punch the dough down.



21. Cover the bowl.



22. Let the dough rise again until doubled in size.



23. Punch the dough down.

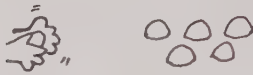


24. Cover the bowl.



25. Let the dough rest 10 minutes.

OVERNIGHT BUNS (Continued)



26. Shape the dough into buns.



27. Put the buns on a greased cookie sheet.



28. Brush the buns with vegetable oil.



29. Cover the buns with wax paper.



30. Cover with a tea towel.



31. Refrigerate the buns overnight.

Day Two



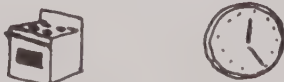
1. Preheat the oven to 220° C.



2. Remove the buns from the refrigerator.



3. Remove the towel and the wax paper.



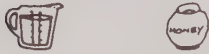
4. Bake at 220° C for 20 minutes.

BIRDSEED GRANOLA SQUARES

YIELDS: 20 SERVINGS



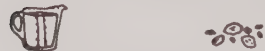
90 ml margarine



200 ml liquid honey



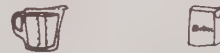
125 ml lightly packed brown sugar



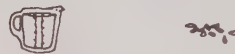
250 ml dried apricots, dates or raisins



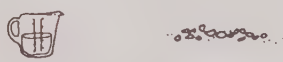
500 ml rolled oats



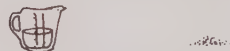
250 ml natural bran



250 ml sunflower seeds



125 ml chopped nuts



125 ml sesame seeds



1. Preheat the oven to 180° C.



2. Put 90 ml margarine into a small saucepan.



3. Melt.



4. Add 200 ml honey.



5. Add 125 ml brown sugar.

BIRDSEED GRANOLA SQUARES (Continued)



6. Bring the mixture to a boil.



7. Simmer for 5 minutes.



8. Remove from the heat and cool slightly.



9. Chop 250 ml dried fruit.



10. Put the fruit into a large bowl.



11. Add 500 ml rolled oats.



12. Add 250 ml bran.



13. Add 250 ml sunflower seeds.



14. Add 125 ml chopped nuts.



15. Add 125 ml sesame seeds.

BIRDSEED GRANOLA SQUARES (Continued)



16. Pour the sugar mixture into the dry mixture.



17. Stir.



18. Pour the mixture into a lightly greased 27.5 cm by 17.5 cm baking dish.



19. Press the granola down firmly.



20. Bake at 180° C for 15 minutes or until golden brown.

Reprinted with the permission of:
The Lighthearted Cookbook
Key Porter Books Limited
Date of Publication 1988
Page 209

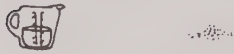
DO NOT DUPLICATE.

GRANOLA

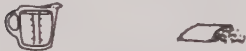
YIELDS: 20 SERVINGS



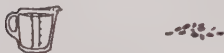
625 ml raw rolled oats



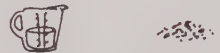
125 ml sesame seeds



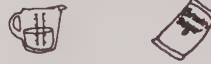
250 ml unsweetened coconut



250 ml sunflower seeds



125 ml wheat germ



125 ml brown sugar



125 ml chopped nuts



125 ml vegetable oil



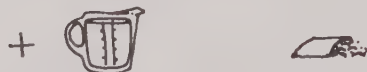
1. Preheat the oven to 150° C.



2. Put 625 ml raw rolled oats into a large bowl.



3. Add 125 ml sesame seeds.



4. Add 250 ml unsweetened coconut.



5. Add 250 ml sunflower seeds.



6. Add 125 ml wheat germ.

GRANOLA (Continued)



7. Add 125 ml brown sugar.



8. Add 125 ml chopped nuts.



9. Stir.



10. Add 125 ml vegetable oil.



11. Stir.



12. Pour the granola onto a cookie sheet.



13. Bake at 150° C for 30 to 40 minutes or until golden brown.

*Tip: Stir periodically while baking.
Store in plastic container.*

QUICK COOKING PORRIDGE

YIELDS: 1 SERVING



250 ml water



5 ml salt



75 ml quick cooking porridge



5 ml dried fruit (optional)



1. Put 250 ml water into a medium saucepan.



2. Bring water to a boil.



3. Pour in 75 ml quick cooking porridge while stirring.



4. Add 5 ml salt.



5. Add 5 ml dried fruit.



6. Stir continuously.



7. Boil 3 to 5 minutes.

QUICK COOKING PORRIDGE (Continued)



8. Stir occasionally.

Tip: Suggested toppings for porridge include shredded coconut, banana chips, chopped nuts or granola.

"لعله الشعير السريعة"

عدد الأشخاص: شخص واحد

المقادير:

- ٥٠ مليلتر من المياه .
- ٥٠ مليلتر من الشعير .
- ٥ مليلتر من الملح .
- ٥ مليلتر من الفواكه الجافة (اختياري)

طريقة العمل:

- ١- ضغ ٥٠ مليلتر من المياه في وساء خاص .
- ٢- اخل المياه من درجة ١٠٠ درجة .
- ٣- قلب ال ٥٠ مليلتر من الشعير وعرك بانتظام .
- ٤- اصف ٥ مليلتر من الملح .
- ٥- اترك الجميع على النار لمدة ٢ - ٥ دقائق ، مع التحريك من وقت لآخر .
- ٦- قطب الوعاء .
- ٧- اطفئ النار .
- ٨- اترك لمدة بضع دقائق .

اِسْتِاد: تليه وضع بعضه من جوز الهند ، او قطع من الموز او وضع بعضه من اللوز او الفواكه الجافة .

APPLE MUFFINS

YIELDS: 12 MUFFINS



1 egg



125 ml milk



65 ml margarine



125 ml apple



375 ml flour



125 ml sugar



10 ml baking powder



2 ml salt



2 ml cinnamon



1. Preheat the oven to 200° C.



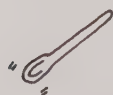
2. Crack 1 egg into a bowl.



3. Beat the egg with a fork.



4. Add 125 ml milk.



5. Stir.

APPLE MUFFINS (Continued)



6. Put 65 ml margarine into a small saucepan.



7. Melt.



8. Pour the margarine into the bowl.



9. Grate 125 ml apple.



10. Add apple into the bowl.



11. Stir.



12. Put 375 ml flour into another bowl.



13. Add 125 ml sugar.



14. Add 10 ml baking powder.



15. Add 2 ml salt.

APPLE MUFFINS (Continued)



16. Add 2 ml cinnamon.



17. Stir.



18. Pour the wet mixture into the dry mixture.



19. Stir the batter until moistened evenly.



20. Spoon the batter into greased or lined muffin tins until $\frac{2}{3}$ full.



21. Bake at 200°C for 20 minutes.

鬆餅

份量: 可製作12個鬆餅

一隻雞蛋

125毫升牛奶

65毫升人造奶油

125毫升蘋果

375毫升面粉

125毫升糖

10毫升發粉

2毫升鹽

2毫升肉桂

1. 將焗爐燒熱到 200°C 度.
2. 將一個雞蛋放入碗內打爛.
3. 放入125毫升牛奶, 然後攪勻.
4. 將65毫升人造奶油放入細煲內然後
5. 熔解.
6. 將熔解了的牛油倒進碗內.
7. 磨碎125毫升蘋果
8. 然後放入碗內
9. 攪勻
10. 倒入另一個碗內.
375毫升面粉.
125毫升糖
10毫升發粉
2毫升鹽
2毫升肉桂.
11. 攪勻
12. 將濕的混合了東西倒入乾的混合的東西內.
13. 用羹匙將所有的混合了的東西填放在鬆餅模型里, 隻放到三分之二為止.
14. 然後放在 200°C 度的焗爐約20分鐘.

OAT BRAN MUFFINS

YIELDS: 12 MUFFINS



500 ml oat bran



90 ml flour



30 ml brown sugar



65 ml chopped nuts



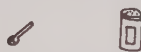
125 ml raisins



15 ml baking powder



2 ml salt



1 ml cinnamon



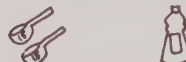
2 eggs



250 ml milk



85 ml honey



30 ml vegetable oil



1. Preheat the oven to 220° C.



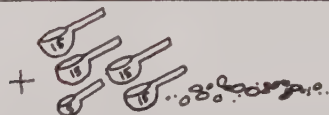
2. Put 500 ml oat bran into a large bowl.



3. Add 90 ml flour.



4. Add 30 ml brown sugar.



5. Add 65 ml nuts.

OAT BRAN MUFFINS (Continued)



6. Add 125 ml raisins.



7. Add 15 ml baking powder.



8. Add 2 ml salt.



9. Add 1 ml cinnamon.



10. Stir.



11. Crack 2 eggs into another bowl.



12. Beat the eggs with a fork.



13. Add 250 ml milk.



14. Add 85 ml honey.



15. Add 30 ml vegetable oil.

OAT BRAN MUFFINS (Continued)



16. Stir.



17. Pour the wet mixture into the dry mixture.



18. Stir the batter until just moistened or slightly lumpy.



19. Spoon the batter into greased or lined muffin tins until 2/3 full.

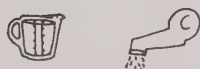


20. Bake at 220° for 20 minutes.

REFRIGERATOR BRAN MUFFINS

YIELDS: 24 MUFFINS

This batter must be prepared at least 24 hours before you bake it so the baking soda has a chance to bubble and then settle down and the bran can soak up the liquid.



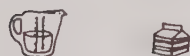
250 ml water



750 ml bran



2 eggs



125 ml molasses



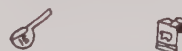
500 ml buttermilk



125 ml vegetable oil



250 ml raisins



15 ml baking soda



3 ml salt



190 ml sugar



625 ml flour

Day One



1. Boil 250 ml water in an electric kettle.



2. Put 750 ml bran into a large bowl.



3. Pour 250 ml boiling water over the bran.

REFRIGERATOR BRAN MUFFINS (Continued)



4. Stir until moistened evenly.



5. Cool the mixture.



6. Crack 2 eggs into another bowl.



7. Beat the eggs with a fork.



8. Add 125 ml molasses.



9. Add 500 ml buttermilk.



10. Add 125 ml vegetable oil.



11. Add 250 ml raisins.



12. Pour the wet mixture into the bran mixture.



13. Stir.

REFRIGERATOR BRAN MUFFINS (Continued)



14. Put 15 ml baking soda into a separate bowl.

+



15. Add 3 ml salt.

+



16. Add 190 ml sugar.



17. Add 625 ml flour.



18. Stir.



19. Pour the dry mixture into the bran mixture.



20. Stir until moistened evenly.



21. Refrigerate over night in a covered container.

Day Two



1. Preheat the oven to 200° C.

REFRIGERATOR BRAN MUFFINS (Continued)



2. Spoon the batter into greased or lined muffin tins until 2/3 full.



3. Bake at 200° C for 20 to 25 minutes.

Tip: Batter may be refrigerated for up to 3 weeks in a covered container.

SURPRISE MUFFINS

YIELDS: 12 MUFFINS



500 ml flour



60 ml sugar



15 ml baking powder



5 ml salt



1 egg



250 ml milk



65 ml vegetable oil



jelly or jam



1. Preheat the oven to 200° C.



2. Put 500 ml flour into a large bowl.



3. Add 60 ml sugar.



4. Add 15 ml baking powder.



5. Add 5 ml salt.



6. Stir.

SURPRISE MUFFINS (Continued)



7. Crack 1 egg into a small bowl.



8. Beat the egg with a fork.



9. Add 250 ml milk.



10. Add 65 ml vegetable oil.



11. Stir.



12. Pour the wet mixture into the dry mixture.



13. Stir until moistened or slightly lumpy.



14. Spoon the batter into greased or lined muffin tins until 1/2 full.



15. Spoon 5 ml of jelly in each centre.



16. Spoon more batter until 2/3 full.

SURPRISE MUFFINS (Continued)



17. Bake at 200° C for 20 minutes.

ਸਰਪਾਇਜ਼ ਮੀਡਲਸ

12 ਮੀਡਲਸ ਵਾਸਤੇ

- 500 ਮਿਲੀ ਲੀਟਰ ਮੈਦਾ
- 65 ਮਿਲੀ ਲੀਟਰ ਖੰਡ
- 15 ਮਿਲੀ ਲੀਟਰ ਵੇਵਿੰਗ ਪਾਊਡਰ
- 5 ਮਿਲੀ ਲੀਟਰ ਚੂੜਾ
- 1 ਮੀਡ
- 250 ਮਿਲੀ ਲੀਟਰ ਦੁੱਧ
- 65 ਮਿਲੀ ਲੀਟਰ ਤੇਲ

ਸੈਮ

1. ਉਦਨ ਨੂੰ 200°C . ਤੇ ਗਰਮ ਕਰੋ।
2. ਦੋਵੇਂ ਕੋਲੇ ਵਿਚ ਦਿੱਤਾ ਕੁਝ ਪਾਏ:
 - 500 ਮਿਲੀ ਲੀਟਰ ਮੈਦਾ
 - 65 ਮਿਲੀ ਲੀਟਰ ਖੰਡ
 - 15 ਮਿਲੀ ਲੀਟਰ ਵੇਵਿੰਗ ਪਾਊਡਰ
 - 5 ਮਿਲੀ ਲੀਟਰ ਚੂੜਾ
3. ਸਭ ਕੁਝ ਮਿਲਾਏ।
4. ਮੀਡ ਨੂੰ ਵਧੀਕ ਕੋਲੇ ਵਿਚ ਉੱਡ ਕੇ ਫੁੱਟੋ।
5. 500 ਮਿਲੀ ਲੀਟਰ ਦੁੱਧ ਤੇ
 - 65 ਮਿਲੀ ਲੀਟਰ ਤੇਲ ਮਿਲਾਏ।
6. ਸਭ ਕੁਝ ਹੱਲਾ ਕੇ ਮਿਲਾਏ।
7. ਤਦ ਤੁਹਾਨੂੰ ਮਿਲਾਏ ਸਰ ਤੇ ਸਭ ਕੁਝ ਆਪਸ ਵਿਚ ਭੱਲੇ ਜਾਣ।
8. ਇਸ ਨੂੰ ਮੀਡਲ ਦੇ ਗੋਲਿਆਂ 'ਚ ਪਾਏ ਅਤੇ ਸਿਰਫ਼ ਆਪੋ ਤੇ ਭੁੰਨੋ।
9. ਸੈਮ ਬੈਡਾ - ਬੈਡਾ ਵਿਚਰਾਹ ਪਾਏ।
10. ਉਸ ਦੇ ਉੱਤੇ। ਸਮਰਾਟ ਆਏ ਦੀ ਧੋਰ ਪਾਏ। (ਮਿਸਰਰ ਦੀ)
11. ਇਨ੍ਹਾਂ ਨੂੰ 20 ਮਿੰਟ ਵਾਸਤੇ ਉਦਨ 'ਚ ਪਕਾਏ।

YOGURT-BLUEBERRY-ORANGE MUFFINS

YIELDS: 28 MUFFINS



4 eggs



250 ml margarine



300 ml sugar



500 ml plain yogurt



1000 ml flour



20 ml baking powder



10 ml baking soda



5 ml salt



10 ml orange rind



500 ml frozen blueberries



1. Preheat the oven to 200° C.



2. Crack 4 eggs into a bowl.



3. Beat the eggs with a fork.



4. Add 250 ml margarine.



5. Add 300 ml sugar.

YOGURT-BLUEBERRY-ORANGE MUFFINS (Continued)



6. Add 500 ml plain yogurt.



7. Stir.



8. Add 1000 ml flour.



9. Add 20 ml baking powder.



10. Add 10 ml baking soda.



11. Add 5 ml salt.



12. Stir.



13. Grate 10 ml orange rind.



14. Add orange rind.



15. Add 500 ml frozen blueberries.

YOGURT-BLUEBERRY-ORANGE MUFFINS (Continued)



16. Fold into the mixture.



17. Spoon the batter into greased or lined muffin tins until $\frac{2}{3}$ full.



18. Bake at 200° C for 25 minutes.

FRUITS AND VEGETABLES

Fruit Dishes

Applesauce	143
Applesauce (<i>Spanish Translation</i>)	145
Cranberry Crunch	146

Vegetable Dishes

Latkes	148
Latkes (<i>Vietnamese Translation</i>)	150
Lunchbox Carrot Cake	151
Squash and Apple Bake	155
Squash and Apple Bake (<i>French Translation</i>)	158

APPLESAUCE

YIELDS: 12 SERVINGS



6 large apples



125 ml water



125 ml sugar



5 ml cinnamon



1. Peel 6 apples.



2. Cut out the core.



3. Slice the apples into small pieces.



4. Put 125 ml water into a saucepan.



5. Add apples.



6. Bring to a boil.



7. Cook over medium heat until apples are soft.



8. Add 125 ml sugar.

APPLESAUCE (Continued)



9. Add 5 ml cinnamon.



10. Stir.

SALSA DE MANZANA

PARA: 12 PORCIONES

6 manzanas grandes

125 ml azucar

125 ml agua

5 ml canela en polvo

1. Pele las 6 manzanas.
2. Saquele el corazon de las manzanas.
3. Cortelas en trozos pequeños.
4. Coloque 125 ml de agua en una olla.
5. Agregue las manzanas.
6. Llévelas al fuego hasta cuando den punto de hervor. Mérmelo el fuego.
7. Cocínelas a un fuego termino medio hasta cuando las manzanas esten tiernas.
8. Añada el azucar y la canela en polvo.
9. Despues majelas como para hacer pure.

CRANBERRY CRUNCH

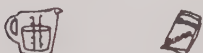
YIELDS: 20 SQUARES



375 ml rolled oats



125 ml flour



175 ml brown sugar



75 ml margarine



398 ml whole cranberry sauce



1. Preheat the oven to 175° C.



2. Put 375 ml rolled oats into a bowl.



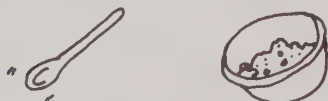
3. Add 125 ml flour.



4. Add 175 ml brown sugar.



5. Add 75 ml margarine.



6. Stir until the mixture forms fine crumbs.



7. Put half of the mixture into a 20 cm x 20 cm baking dish.

CRANBERRY CRUNCH (Continued)



8. Press down lightly with fingertips.



9. Spread 398 ml of cranberry sauce over the crumbs.



10. Sprinkle the remaining oat mixture on top.



11. Bake at 175° C for 20 minutes.

LATKES - POTATO PANCAKES

YIELDS: 15 SERVINGS



6 medium potatoes



1 small onion



1 egg



45 ml flour



2 ml salt



15 ml vegetable oil



1. Peel 6 medium potatoes.



2. Grate the potatoes.



3. Put the potatoes into a bowl.



4. Peel 1 small onion.



5. Grate the onion.



6. Add the onion.



7. Drain the liquid into a bowl and discard.

LATKES - POTATO PANCAKES (Continued)



8. Crack 1 egg into the bowl.



9. Add 45 ml flour.



10. Add 2 ml salt.



11. Add 15 ml vegetable oil.



12. Stir.



13. Put a spoonful of the mixture into a hot frying pan.



14. Cook the latke until golden brown.



15. Flip the latke.



16. Cook the latke until golden brown.

Tip: Serve with applesauce or fruit yogurt.

BÁNH XÈO BẰNG KHOAI TÂY

ĐỦ CHO 15 PHẦN ĂN

Các thứ cần thiết



6 củ khoai tây cỡ trung	1 hột trứng
1 củ hành tây cỡ nhỏ	2 ml muối
45 ml bột mì	15 ml dầu ăn

Cách làm

- Mài nhỏ các thứ sau đây:
 - 6 củ khoai tây cỡ trung
 - 1 củ hành tây cỡ nhỏ
 - Bỏ vào một cái tô lớn.
 - Lược bỏ nước.
 - Thêm vào hỗn hợp khoai tây-củ hành các thứ sau đây:
 - 45 ml bột mì
 - 1 hột trứng
 - 2 ml muối
 - 15 ml dầu ăn
 - Trộn cho đều.
 - Dùng muỗng đổ khoảng 50 ml hỗn hợp chất trên vào một cái chảo đã đun nóng sẵn.
 - Chiên cho đến khi bánh trở nên vàng.
 - Lấy bánh ra.
 - Làm lại các động tác 6, 7, và 8.
- Lời mách: Nên dùng chung với mứt bôm (applesauce) hay ya-ur.

LUNCHBOX CARROT CAKE

YIELDS: 24 SERVINGS

 
250 ml sugar

 
250 ml vegetable oil


4 eggs

 
250 ml all purpose flour

 
250 ml whole wheat flour

 
7 ml baking soda

 
5 ml salt

 
10 ml cinnamon

  
500 ml carrots

  
375 ml apples

 
250 ml golden raisins

 
125 ml chopped walnuts



1. Preheat the oven to 180° C.



2. Put 250 ml sugar into a large bowl.



3. Add 250 ml vegetable oil.



4. Crack 4 eggs into the bowl.

LUNCHBOX CARROT CAKE (Continued)



5. Stir until slightly thickened.



6. Add 250 ml all purpose flour.



7. Add 250 ml whole wheat flour.



8. Add 7 ml baking soda.



9. Add 5 ml salt.



10. Add 10 ml cinnamon.



11. Stir.



12. Peel the carrots.



13. Grate 500 ml carrots.



14. Add the carrots.

LUNCHBOX CARROT CAKE (Continued)



15. Peel the apples.



16. Grate 375 ml apples.



17. Add the apples.



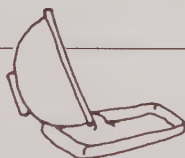
18. Add 250 ml raisins.



19. Add 125 ml chopped nuts.



20. Stir.



21. Pour the batter into a greased and floured 23 cm x 30 cm baking dish.



22. Bake at 180° C for 35 to 40 minutes.

LUNCHBOX CARROT CAKE (Continued)

CREAM CHEESE ICING (Optional)



250 g pkg softened cream cheese



250 ml icing sugar



45 ml margarine



2 ml vanilla extract



1. Put 250 g softened cream cheese into a bowl.



2. Add 45 ml margarine.



3. Add 250 ml icing sugar.



4. Add 2 ml vanilla extract.



5. Stir.



6. Spread the icing on the cake.

SQUASH AND APPLE BAKE

YIELDS: 20 SERVINGS



1 large round squash



125 ml brown sugar



2 large apples



15 ml flour



65 ml melted margarine



5 ml salt



1. Preheat the oven to 175° C.



2. Peel the squash.



3. Slice the squash into small pieces.



4. Put the squash into a greased 23 cm x 30 cm baking dish.



5. Peel 2 apples.



6. Slice the apples into small pieces.



7. Put the apples into the baking dish.

SQUASH AND APPLE BAKE (Continued)



8. Stir the squash and the apples together.



9. Put 65 ml margarine into a small saucepan.



10. Melt.



11. Pour the margarine into a bowl.



12. Add 125 ml brown sugar.



13. Add 15 ml flour.



14. Add 5 ml salt.



15. Stir.



16. Pour onto squash and apple mixture.

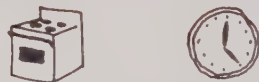


17. Stir.

SQUASH AND APPLE BAKE (Continued)



18. Cover with tin foil.



19. Bake at 175° C for 60 minutes.

PLAT A LA COURGE ET AUX POMMES

POUR: 20 RATIONS

Une belle grosse courge	65 ml de margarine fondue
2 belles pommes	15 ml de farine
125 ml de sucre roux	5 ml de sel

1. Préchauffez le four à 175° C.
2. Epluchez la courge et les 2 pommes.
3. Coupez en petits morceaux la courge et les 2 pommes.
4. Graissez le plat à four (23 cm x 30 cm).
5. Mettez la courge et les pommes dans le plat.
6. Mélangez le tout.
7. Mettez 65 ml de margarine dans une petite casserolle et faites fondre.
8. Versez la margarine fondue dans un bol.
9. Ajoutez à la margarine les 125 ml de sucre roux, les 15 ml de farine et les 5 ml de sel.
10. Mélangez le tout.
11. Versez sur la courge et les pommes.
12. Mélangez.
13. Recouvrez le plat avec un papier aluminium.
14. Faites cuire au four à 175° C pendant un heure.

MEAT, FISH, POULTRY AND ALTERNATES

Baked Beans	161
Baked Beans (<i>Arabic Translation</i>)	163
Beef Upside-Down Pie	164
Chicken Soup with Rice	167
Devilled Egg	172
Devilled Egg (<i>Chinese Translation</i>)	174
Egg Foo Yung	175
Egg in a Frame	177
Egg in a Frame (<i>Punjabi Translation</i>)	178
Meatball Soup	179
Mini Meatloaf	182
Mini Meatloaf (<i>Spanish Translation</i>)	184
Pizza	185
Roasted Pumpkin Seeds	190
Roasted Pumpkin Seeds (<i>Vietnamese Translation</i>)	192
Scrambled Egg	193

BAKED BEANS

YIELDS: 6 SERVINGS



125 ml onion



425 ml pork and beans



45 ml brown sugar



30 ml Worcestershire sauce



65 ml ketchup



10 ml dry mustard



1. Preheat the oven to 175° C.



2. Chop 125 ml onion into small pieces.



3. Put the onion into a casserole dish.



4. Add 425 ml pork and beans.



5. Add 45 ml brown sugar.



6. Add 30 ml Worcestershire sauce.



7. Add 65 ml ketchup.

BAKED BEANS (Continued)



8. Add 10 ml dry mustard.



9. Stir.



10. Bake at 175° C for 30 minutes or microwave at medium high for 8 to 10 minutes.

"الفاصوليا المطهية"

عدد الأشخاص: ٦ أشخاص

المقادير:

- ١٢٥ مليلتر من البصل .
- ٤٢٥ مليلتر من اللحم والفاصوليا .
- ٤٥ مليلتر من السكر البني .
- ٢ مليلتر من الصلصة الجاهزة .
- ٦٥ مليلتر من صلصة الطماطم الخفيفة (كافيتس آبي)
- ١٠ مليلتر من المسطردة الجافة .

طريقة العمل:

- ١ - ضغ الفرن على درجة حرارة ١٧٥ درجة .
 - ٢ - قطع البصل الى شرائح .
 - ٣ - ضغ البصل في الماعون الخاص .
 - ٤ - أضف الآتي :- ٤٢٥ مليلتر من اللحم والفاصوليا .
 - ٤٥ مليلتر من السكر البني .
 - ٢ مليلتر من الصلصة الجاهزة .
 - ٦٥ مليلتر من صلصة الطماطم الخفيفة .
 - ١٠ مليلتر من المسطردة الجافة .
 - ٥ - اخلط المقادير ببعضها .
 - ٦ - ضغ الماعون في الفرن لمدة ٢٠ دقيقة .
- (اذا استخدمت المبلير وديف لمدة ٨-١٠ دقائق).

BEEF UPSIDE-DOWN PIE

YIELDS: 20 SERVINGS



500 g ground beef



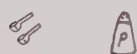
125 ml onions



250 ml celery



5 ml salt



2 ml pepper



10 ml paprika



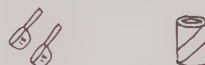
568 ml tomato soup



250 ml water



750 ml flour



30 ml baking powder



5 ml salt



30 ml vegetable oil



500 ml milk



1. Preheat the oven to 200° C.



2. Brown 500 g ground beef in a frying pan.



3. Chop 125 ml onions into small pieces.



4. Add the onions to the cooked meat.

BEEF UPSIDE-DOWN PIE (Continued)



5. Chop 250 ml celery.



6. Add the celery to the cooked meat.



7. Stir.



8. Cook over low heat for 10 minutes.



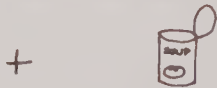
9. Add 5 ml salt.



10. Add 2 ml pepper.



11. Add 10 ml paprika.



12. Add 568 ml tomato soup.

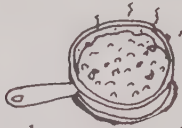


13. Add 250 ml water.



14. Stir.

BEEF UPSIDE-DOWN PIE (Continued)



15. Bring the meat mixture to a boil.



16. Pour the mixture into a 23 cm x 30 cm baking dish.



17. Put 750 ml flour into a medium bowl.



18. Add 30 ml baking powder.



19. Add 5 ml salt.



20. Add 30 ml vegetable oil.



21. Add 500 ml milk.



22. Stir.



23. Spoon onto the meat mixture.



24. Bake at 200° C for 20 minutes.

CHICKEN SOUP WITH RICE

YIELDS: 20 TO 25 SERVINGS

Day One



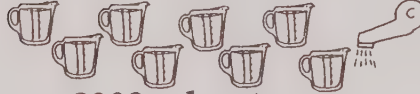
2 onions



1 chicken, cut up



10 ml salt



2000 ml water

Day One



1. Peel 2 onions.



2. Chop the onions into small pieces.



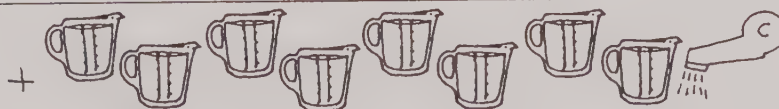
3. Put the onions in a large saucepan.



4. Add chicken parts.



5. Add 10 ml salt.



6. Add 2000 ml water (enough to cover the chicken).

CHICKEN SOUP WITH RICE (Continued)



7. Bring to a boil.



8. Cover.



9. Simmer for about 60 minutes or until chicken is tender.



10. Remove the chicken from the broth.



11. Put the chicken into a bowl.



12. Cover.



13. Pour the broth into another bowl.



14. Cover.



15. Refrigerate the chicken and the broth overnight.

CHICKEN SOUP WITH RICE (Continued)

Day Two



4 chicken bouillon cubes



4 celery sticks



375 ml uncooked rice



1 onion, chopped



6 carrots

Day Two



1. Remove the skin and the bones from the chicken.



2. Chop the cooked chicken into small pieces.



3. Pour the broth into a large saucepan.



4. Bring to a boil.

CHICKEN SOUP WITH RICE (Continued)



5. Add 4 chicken bouillon cubes.



6. Add 375 ml rice.



7. Simmer for 20 minutes.



8. Peel 6 carrots.



9. Chop the carrots into small pieces.



10. Add the carrots.



11. Chop 4 celery sticks into small pieces.



12. Add the celery.



13. Peel 1 onion.



14. Chop the onion into small pieces.

CHICKEN SOUP WITH RICE (Continued)



15. Add the onion.



16. Simmer for 20 minutes.



17. Add the chopped chicken meat.



18. Simmer for 5 minutes.

Tips: If the broth is too thick, add a little water.

A deep fryer may be used instead of saucepan on day two.


DEVILLED EGG

YIELDS: 2 SERVINGS

 **1 egg**

  **5 ml mayonnaise**

 **a few grains salt**

 **a few grains pepper**

 **a few grains paprika**



1. Put 1 egg into a small saucepan.



2. Cover the egg with water.



3. Boil the egg 8 to 10 minutes.



4. Cool the egg by rinsing in cold water.



5. Peel the egg when cooled.



6. Slice the egg in half lengthwise.



7. Put the yolks into a bowl.

DEVILLED EGG (Continued)



8. Add 5 ml mayonnaise.



9. Mash with a fork.



10. Sprinkle with salt.



11. Sprinkle with pepper.



12. Spoon the egg yolk mixture into each egg white half.



13. Sprinkle with paprika.

Tip: Limit the time eggs remain at room temperature.

辣味蛋

份量：供二人食用

1 隻鵝蛋

5 毫升酸味醬 (以蛋黃、橄欖油、檸檬汁或醋等混
制之醬汁)

少許鹽

少許辣椒

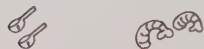
少許乾紅椒

1. 將鵝蛋放入細煲
2. 放入一些水 (剛好浸過鵝蛋)。
3. 煮鵝蛋約八至十分鐘。
4. 將煮過的鵝蛋放入凍水內約十分鐘。
5. 待鵝蛋凍後去壳。
6. 將鵝蛋打長切成對半。
7. 將蛋黃放入碗內。
8. 加入五毫升酸味醬。
9. 將蛋黃打爛并與酸味醬攪勻。
10. 撒入少許鹽。
11. 撒入少許辣椒。
12. 將蛋黃混合物填放在已掏出了蛋黃的蛋白里。
13. 撒上少許乾紅椒。

注意：鵝蛋離開雪櫃後不宜立刻放入水里煮熟。
亦不宜停放在室內時間太長，否則變壞。

EGG FOO YUNG

YIELDS: 1 SERVING



10 ml chopped shrimp



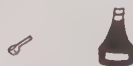
1 ml onion



1 egg



1 forkful bean sprouts



1 ml soy sauce



1. Chop 10 ml shrimp into small pieces.



2. Put shrimp into a bowl.



3. Chop 1 ml onion into small pieces.



4. Add onion.



5. Crack 1 egg into another bowl.



6. Beat the egg with a fork.



7. Pour beaten egg over the shrimp and onion.

EGG FOO YUNG (Continued)



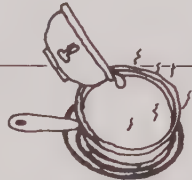
8. Add 1 forkful of bean sprouts.



9. Add 1 ml soy sauce.



10. Stir lightly.



11. Pour into a hot frying pan.



12. Do not stir.



13. Cook the egg foo yung until light brown.



14. Flip the egg foo yung.



15. Cook the egg foo yung until light brown.

EGG IN A FRAME

YIELDS: 1 SERVING



1 slice whole wheat bread



1 egg



10 ml margarine



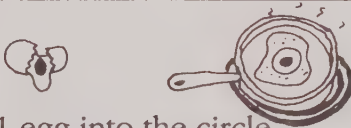
1. Cut out 6 cm circle in centre of bread.



2. Spread margarine on both sides of bread.



3. Put the bread into a frying pan on medium heat.



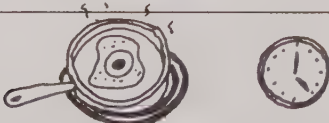
4. Crack 1 egg into the circle.



5. Cover until egg white sets.



6. Uncover.



7. Cook the egg until firm.

ਫਰੇਮ 'ਚ ਅੰਡਾ

ਇਕ ਆਦਮੀ ਦਾਸਤ

1. ਡੱਬਲਡੀ ਦੇ ਪੀਸ

1. ਅੰਡਾ

10 ਮਿਲੀ ਲੀਟਰ ਮਾਸ਼ਰੀਨ

1. ਡੱਬਲਡੀ ਦੇ ਵਿਚਕਾਰ 6 ਕੈਟੀਮੀਟਰ ਗੋਲ ਕੰਟੇ।

2. ਪੀਸ ਦੇ ਦੋਨੋਂ ਧਾਗੇ ਮਾਸ਼ਰੀਨ ਲਗਾਏ।

3. ਮੱਧਮ ਅੰਗ ਤੇ ਇਸ ਨੂੰ ਫਰਾਈਂਗ ਪੈਨ 'ਚ ਪਾਏ।

4. ਅੰਡੇ ਨੂੰ ਗੋਲ ਧਾਗੇ 'ਚ ਭੇਜੋ।

5. ਉਪਰ ਡਰੇਨ ਦੇਖੋ ਜਦ ਤਕ ਕਿ ਅੰਡੇ ਦਾ ਸਫ਼ਰ ਪੱਕੇ ਨਹੀਂ ਜਾਂਦਾ।

6. ਡਰੇਨ ਉਤਾਰੋ।

7. ਅੰਡੇ ਨੂੰ ਧਰਤੀ ਦੇਖੋ।

MEATBALL SOUP

YIELDS: 20 SERVINGS

1  egg



500 g  lean ground beef



10 ml salt



pinch of nutmeg



1000 ml water

2  celery sticks



1 small onion



2 chicken stock cubes



250 ml spaghetti or spaghettiini



125 ml frozen peas



1. Crack 1 egg into a large bowl.



2. Beat the egg with a fork.



3. Add 500 g lean ground beef.



4. Add 10 ml salt.



5. Add a pinch of nutmeg.

MEATBALL SOUP (Continued)



6. Stir.



7. Roll into meat balls.



8. Boil 500 ml water in a saucepan.



9. Put the meat balls into the boiling water.



10. Boil the meatballs until they turn greyish brown.



11. Drain the meatballs.



12. Chop 2 sticks of celery into small pieces.



13. Put the celery into another saucepan.



14. Peel the onion.



15. Chop the onion into small pieces.

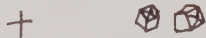
MEATBALL SOUP (Continued)



16. Add onion.



17. Add 500 ml water.



18. Add 2 chicken stock cubes.



19. Add 250 ml spaghetti or spaghettiini.



20. Bring to a boil.



21. Simmer for 8 minutes.



22. Add 125 ml frozen peas.



23. Simmer for an additional 3 minutes.



24. Put the meatballs into the vegetable mixture.



25. Reheat.

MINI MEATLOAF

YIELDS: 1 SMALL MEAT LOAF

 **1 small egg**

 **30 ml lean ground beef**

 **15 ml ketchup**

 **5 ml bread crumbs**

 **1 ml onion flakes**



1. Preheat the oven to 175° C.



2. Crack 1 egg into a small bowl.



3. Beat the egg with a fork.



4. Add 30 ml lean ground beef.



5. Add 15 ml ketchup.



6. Add 5 ml bread crumbs.



7. Add 1 ml onion flakes.

MINI MEATLOAF (Continued)



8. Stir.



9. Spoon the meatloaf into a foil tart form.



10. Bake at 175° C for 20 minutes.

MOLDE DE CARNE

MOLDE PEQUEÑO

30 ml de carne molida sin grasa

1 huevo pequeno

15 ml de salsa de tomate

5 ml de cebolla blanca picadita

1. Caliente el horno a una temperatura de 175° C.

2. En un recipiente hondo, mezcle lo siguiente:

La carne molida sin grasa

la salsa de tomate

el huevo

las migas de pan

la cebolla blanca picaditia

3. Revuelva todo.

4. Coloquelo e un molde de aluminio u otro molde bueno para horno.

5. Puede hacerse en una lata para galletas.

6. Hornee a 175° C por 20 minutos.

PIZZA

YIELDS: 2 (28 CM) PIZZAS

Dough



250 ml warm water



15 ml active dry yeast



5 ml sugar



5 ml salt



30 ml vegetable oil



625 ml flour



1. Preheat the oven to 200° C.



2. Put 250 ml warm water into a bowl.



3. Add 15 ml yeast.



4. Add 5 ml sugar.



5. Add 5 ml salt.



6. Add 30 ml vegetable oil.

PIZZA (Continued)



7. Add 625 ml flour.



8. Stir.



9. Let stand for 10 minutes.



10. Divide the dough into 2 portions.



11. Spread each portion on a 28 cm greased pizza pan with lightly greased fingertips.

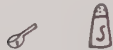
Sauce



156 ml tomato paste



125 ml water



5 ml salt



5 ml oregano



pinch of pepper



1. Put 156 ml tomato paste into a large bowl.

PIZZA (Continued)



2. Add 125 ml water.



3. Add 5 ml salt.



4. Add 5 ml oregano.



5. Add a pinch of pepper.



6. Stir.



7. Spoon the mixture onto the dough dividing equally between the 2 pizzas.



8. Spread over the dough.

PIZZA (Continued)

Topping



250 g pizza salami



30 ml olives



284 ml canned sliced mushrooms



250 g mozzarella cheese



30 ml green pepper



60 ml parmesan cheese



1. Slice 250 g pizza salami.



2. Put 125 g pizza salami on each circle of dough.



3. Put 142 ml sliced mushrooms on each circle of dough.



4. Chop 30 ml green pepper into small pieces.



5. Put 15 ml of green pepper on each circle of dough.



6. Slice 30 ml olives into small pieces.



7. Put 15 ml of olives on each circle of dough.

PIZZA (Continued)



8. Grate 250 g mozzarella cheese.



9. Sprinkle 125 g mozzarella cheese on each pizza.



10. Sprinkle 30 ml parmesan cheese on each pizza.



11. Bake at 200° C for 25 minutes.

Tip: A variety of vegetables or meat may be used.

ROASTED PUMPKIN SEEDS



500 ml raw pumpkin seeds



15 ml vegetable oil



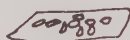
salt



1. Preheat the oven to 110° C.



2. Rinse 500 ml raw pumpkin seeds.



3. Dry the pumpkin seeds on a paper towel.



4. Put pumpkin seeds into a small bowl.



5. Add 15 ml vegetable oil.



6. Stir.



7. Put the seeds onto a cookie sheet.

ROASTED PUMPKIN SEEDS (Continued)



8. Sprinkle with salt.



9. Bake at 110° C for 40 to 60 minutes.

HỘT BÍ ĐỎ RANG

Các thứ cần thiết

500 ml hột bí đỏ sống

15 ml dầu thực vật (dầu ăn)

muối

Cách làm

1. Mở lò nướng cho nóng đến nhiệt độ 110° C.
2. Rửa sạch 500 ml hột bí đỏ sống.
3. Trãi trên giấy lau tay cho ráo nước.
4. Đựng hột bí đỏ trong một cái tô nhỏ.
5. Thêm vào 15 ml dầu thực vật.
6. Trộn cho đều.
7. Rải đều hột bí đỏ trên giấy làm bánh.
8. Rắc muối trên hột bí đỏ.
9. Rang khoảng từ 40 đến 60 phút ở nhiệt độ 110° C.

SCRAMBLED EGG

YIELDS: 1 SERVING



1 egg



5 ml milk



a few grains of salt



a few grains of pepper



1. Crack 1 egg into a small bowl.



2. Beat the egg with a fork.



3. Add 5 ml milk.



4. Stir.



5. Sprinkle salt to taste.



6. Sprinkle pepper to taste.



7. Pour the egg mixture into a hot frying pan.



8. Stir until cooked.

MILK AND MILK PRODUCTS

Cottage Cheese Pancake	197
Cottage Cheese Pancake (<i>French Translation</i>)	199
Cottage Cheese Pudding	200

COTTAGE CHEESE PANCAKE

YIELDS: 1 SERVING



1 egg



2 ml vegetable oil



30 ml cottage cheese, sieved



30 ml flour



1. Crack 1 egg into a small bowl.



2. Beat the egg with a fork.



3. Add 30 ml cottage cheese.



4. Add 2 ml vegetable oil.



5. Add 30 ml flour.



6. Stir.



7. Pour the batter into a hot frying pan.



8. Cook the pancake until light brown.

COTTAGE CHEESE PANCAKE (Continued)



9. Flip the pancake.



10. Cook the pancake until light brown.

Tip: Serve with applesauce.

CREPE AU FROMAGE BLANC

POUR: 1 PERSONNE

Un oeuf

30 ml de farine

30 ml de fromage blanc

65 ml de compote de pommes

2 ml d'huile

1. Battez l'oeuf avec une fourchette dans un petit bol.
2. Ajoutez 30 ml de fromage blanc
2 ml d'huile
30 ml de farine
3. Mélangez le tout.
4. Versez dans une poêle chaude ou dans une galettoire chaude et anti-adérente.
5. Laissez cuire jusqu' à une teinte dorée.
6. Retournez la crêpe.
7. Laissez cuire jusqu' à une teinte dorée.

COTTAGE CHEESE PUDDING

YIELDS: 1 SERVING


1 egg


10 ml honey


15 ml cottage cheese, sieved


dash nutmeg


30 ml canned pumpkin



1. Preheat the oven to 175° C.



2. Crack 1 egg into a small bowl.



3. Beat egg with a fork.



4. Add 15 ml cottage cheese.



5. Add 30 ml pumpkin.



6. Add 10 ml honey.



7. Stir.

COTTAGE CHEESE PUDDING (Continued)



8. Pour the pudding into a foil tart form.



9. Sprinkle with nutmeg.



10. Bake at 175° C for 20 minutes or until firm.

BIBLIOGRAPHY

Recipe Books

- Jenkins, K. (1982). Kinder-Krunchies. Pleasant Hill, California: Discovery Toys.
- Lindsay, A. (1988). The lighthearted cookbook. Toronto, Ontario: Key Porter Books Limited.
- Nimji, N. (1986). A spicy touch. Regina, Saskatchewan: Centax of Canada.
- Turnbull, Y. (1981). The living cookbook. Minneapolis, Minnesota: Bethany House Publishers.

Story Books

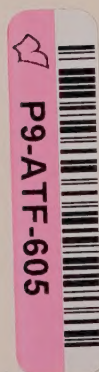
- Armitage, D. & Armitage, R. (1977). The lighthouse keeper's lunch. London, UK: Andre Deutsch.
- Barbour, K. (1987). Little Nino's pizzeria. New York, NY: Harcourt Brace Jovanovich.
- Barrett, J. (1978). Cloudy with a chance of meatballs. Canada: Collier MacMillan.
- Burningham, J. (1983). The shopping basket. Glasgow, UK: William Collins Sons & Co. Ltd.
- Burroway, J. (1972). The giant jam sandwich. Boston, MA: Houghton Mifflin.
- Carle, E. (1969). The very hungry caterpillar. New York, NY: Philomel.
- Degan, B. (1983). Jamerry. New York, NY: Harper & Row.
- de Paola, T. (1978). Pancakes for breakfast. New York, NY: Harcourt Brace Jovanovich.
- Eberts, M. & Gisler, M. (1984). Pancakes, crackers, and pizza. Chicago, IL: Children's Press Chicago.

BIBLIOGRAPHY

- Ehlert, L. (1987). Growing vegetable soup. New York, NY: Harcourt Brace Jovanovich.
- Galdone, P. (1975). The gingerbread boy. New York, NY: Clarion Books.
- Galdone, P. (1970). The three bears. New York, NY: Scholastic Inc.
- Greydanus, R. (1980). Susie goes shopping. Mahwah, NJ: Troll Associates.
- Hargreaves, R. (1978). Mr. Strong. London, UK: Thurman Publishers.
- Hoban, L. (1972). Arthur's Christmas cookies. New York, NY: Harper & Row.
- Hutchins, P. (1976). Don't forget the bacon. London, UK: Picture Puffins.
- Kennedy, J. (1983). The teddy bear's picnic. La Jolla, CA: Green Tiger Press.
- Kroll, S. (1984). The biggest pumpkin ever. New York, NY: Scholastic Inc.
- McClintock, B. (1979). The little red hen. New York, NY: Random House.
- McCloskey, R. (1948). Blueberries for Sal. New York, NY: Viking Press.
- McGovern, A. (1968). Stone soup. New York, NY: Scholastic Inc.
- Modell, F. (1988). Ice cream soup. New York, NY: Greenwillow Books.
- Patz, N. (1978). Pumpernickel tickle and mean green cheese. New York, NY: Franklin Watts.
- Pluckrose, H. (1986). Think about tasting. New York, NY: Franklin Watts.
- Radlauer, R. S. (1987). Breakfast by Molly. New York, NY: Simon & Schuster.
- Rockwell, A. & Rockwell, H. (1979). The supermarket. New York, NY: MacMillan Publishing Co. Inc.

BIBLIOGRAPHY

- Seidler, A. and Slepian, J. (1967). The hungry thing. New York, NY: Scholastic Inc.
- Sendak, M. (1962). Chicken soup with rice. New York, NY: Scholastic Inc.
- Sendak, M. (1970). In the night kitchen. New York, NY: Harper & Row.
- Sharmat, M. (1980). Gregory the terrible eater. New York, NY: Four Winds Press.
- Southgate, V. (1982). The big pancake. Loughborough, UK: Ladybird Books.
- Watanabe, S. (1980). How do I eat it? London, UK: Bodley Head.
- Williams, B. (1978). Chester chipmunk's Thanksgiving. New York, NY: E.P. Dutton.



ISBN 1-55063-001-6